



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

Cooperative Extension Service
Greenup County
35 Wurtland Avenue
Wurtland, KY 41144
(606) 836-0201
Fax: (606) 836-0235
extension.ca.uky.edu

Greenup County 4-H News

March/April 2023



Reminder

Livestock Educational Hours must be completed by the first weigh-in (March 18th) to be eligible to show and sell at the 2023 Fair.



**For More
Information**

Call- (606)836-0201

Email- presley.adkins@uky.edu

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Ideas to get youth outdoors this spring



The weather is starting to improve and with it comes a great opportunity to get youth away from their electronic devices and encourage them to go outside to enjoy nature. According to Harvard Medical School research, getting outdoors has many benefits including increased vitamin D levels, increased physical activity, improved mood, improved concentration and quicker healing.

Here are some suggestions to help youth venture outdoors.

- Offer fun activities. Sidewalk chalk and bubbles are great inexpensive incentives for outdoor play. Many young people also like “fun chores,” such as walking the dog.
- Make it a game. Kickball and dodgeball are fun games to play together as a family or with a group from your neighborhood. You also can’t go wrong with a game of hide and seek.
- Lead an insect safari and encourage young people to look and listen for insects. They may even want to take photos of the insects they find to submit for a 4-H digital insect collection.
- Show youth the wonders of nature. Watch sunrises or sunsets or stargaze as a family. Take a walk and look at the different buds on different types of trees.

For more ideas on ways to get young people outdoors, contact the Greenup County office of the University of Kentucky Cooperative

Extension
Service.



4-H Ukulele Club



WHERE Greenup Extension Office
35 Wurtland Avenue, Wurtland

WHEN The first Monday of each month
Beginning February 6th, 2023
Arrival 5-5:30, Meeting 5:30-6:30PM

Contact the office for more info!
606-836-0201



If you are interested, you can still enroll in the Ukulele Club!

4-H Camp Applications are available now!



Contact Presley Adkins-Grubb, Agent for 4-H Youth Development for more information. (606)836-0201 or presley.adkins@uky.edu

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An illustration of a cow's head in profile, facing right. The cow has a white face with brown patches around its eyes and on its ears. It has small yellow horns. To the left of the cow is a stylized green tree with a brown trunk. The background is a light blue sky, and there is a strip of green grass at the bottom.

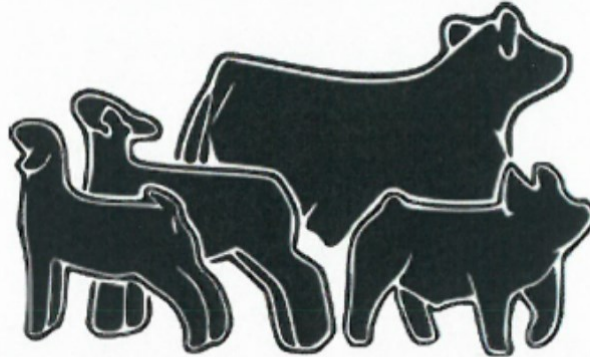
YOUTH LIVESTOCK TRAINING

SATURDAY, MARCH 11TH
GREENUP COUNTY
EXTENSION OFFICE
9AM-12PM



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BOONE COUNTY KENTUCKY 4-H **LIVESTOCK JUDGING INVITATIONAL**



March 18th, 2023
Contest Starts: 9:00 am EST
Pre-registration by Tuesday, March 14th

Boone County Fairgrounds
5819 Idlewild Road
Burlington, KY 41005

\$15.00 Entry Fee for Contestants (Lunch Provided)
Juniors: 1 set of reasons plus questions
Seniors: 3 sets of reasons

Contact Information:
Rosemary Mastin: 859-250-1014
Missy Alsip: 859-912-0555
Ryan Smoes: 616-886-7024
Email: mauifarmsky@gmail.com

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Greenup Co. 4-H Shirt Sale



100%

Benefits the Harold Rice Memorial Endowment Fund

**Can be purchased in-person at the
Greenup Co Extension Office & Greenup Co Farm Bureau Greenup Office**



SUPER SOFT!



\$20

\$25 - limited quantity

Available in youth and adult sizes

**Credit Card payment can be made by
following this QR code and donating
directly to the endowment.**

**Checks should be made to:
Greenup County 4-H**





WEIGH-IN DATES

March 18th, 2023

Market Beef
8 - 10 AM
Fairgrounds

June 24th, 2023

Feeder Calf
8 - 10 AM
Fairgrounds

TBA

Feeder Pig
Fairgrounds

May 13th, 2023

Hog, Goat & Lamb
8 - 11 AM
Fairgrounds

July 20th, 2023

Rabbits
6 - 8 PM
Extension Office



AgDiscovery 2023

[HTTPS://BIT.LY/AGDISCOVERY23](https://bit.ly/agdiscovery23)

AgDiscovery is a FREE summer outreach program to help middle & high school students explore careers in agricultural sciences.

As an AgDiscovery student, you'll live on a college campus for 2–4 weeks and learn from university professors and USDA experts—plant and animal scientists, biotechnologists, veterinarians, wildlife biologists, administrative professionals, and others. You'll gain hands-on experience through labs, workshops, and field trips; participate in character- and team-building activities; and join in many other fun and educational events. It's a unique chance to get a first-hand look at agriculture's many exciting career paths.

Ag Discovery 2023 will be conducted nationwide at the following Universities

- Alcorn State University June 11–24, 2023
- California State University, Fresno June 4–14, 2023
- Coppin State University July 16-29, 2023
- Delaware State University July 9-22, 2023
- Florida A & M University June 11–24, 2023
- Fort Valley State University June 12-24, 2023
- Iowa State University July 9–22, 2023
- Kentucky State University June 4-17, 2023
- Lincoln University in Missouri July 9-22, 2023
- North Carolina State University June 19-30, 2023
- Prairie View A&M University June 5-16, 2023
- Purdue University July 9-22, 2023
- South Carolina State University June 11–25, 2023
- Tuskegee University June 11-24, 2023
- University of Arizona June 12-23, 2023
- University of Arkansas Pine Bluff June 10-23, 2023
- University of Hawaii at Mānoa July 9-22, 2023
- University of Illinois Urbana-Champaign July 9-22, 2023
- University of Texas Rio Grande Valley June 11–23, 2023
- University of the Virgin Islands July 16-29, 2023
- Virginia State University June 20-30, 2023



Application deadline is March 31st



University of Kentucky
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4-H Council



Spaghetti Lunch Fundraiser

\$10 includes spaghetti, bread,
cole slaw, dessert and drink

Orders must be placed by March 27th!

Pick-up March 31st, 2023, from 11am to 1pm
at Greenup County Extension Office.

Scan QR code or call the office to order!

Cash or check only!

Help us reduce the cost
for youth to attend
Camp!





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4-H Youth Development

Teen Leadership

Academy

Retreat Fundraiser



Chocolate Peanut Butter Eggs \$10

Cookies and Cream Suckers \$2

**Orders will be accepted through April 3rd
and pick-up will be April 7th.**

**Call 606-836-0201, order
with the QR Code or a
TLA member to order!
Cash or check only**



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Kite Day!

2023

SAT. APRIL 22



Artist:
Ava Brady, age 13
Russell Middle
School

- FREE kites for kids!
- FREE hand kites for preschoolers
- FREE snow cones from Kona Ice
- FREE cotton candy
- FREE Face Painting
- FREE popcorn
- FREE balloon art
- FREE books for kids
- FREE 4-H & 21C Earth Day Themed Activities
- FREE tie-dye shirt activity
- See kite themed artwork by students
- GIANT balloon sculpture!
- Photo booth
- Animal spinners
- Wind Socks
- Paint-by-number kite art
- Live music by McKell Middle School Band

➔ **Dragonfly Outdoor Café**
Breakfast & Lunch

➔ **Chick-Fil-A trailer**

Please buy
your food here.
Everything else
is free!



HOT AIR BALLOON RIDES 7-10AM

KITE FLYING 10AM—2PM

WHERE: McKell Middle School

129 Bulldog Ln, South Shore, KY 41175

Rain date Sunday, APRIL 23, 1:00-8PM

For more information, contact Anne Stephens at 606-836-0201.



Partners: Greenup County Tourism, McKell Middle School, Greenup County Schools Family Resource, Greenup County Schools Literacy Leadership, Greenup County Extension Service





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1st Annual

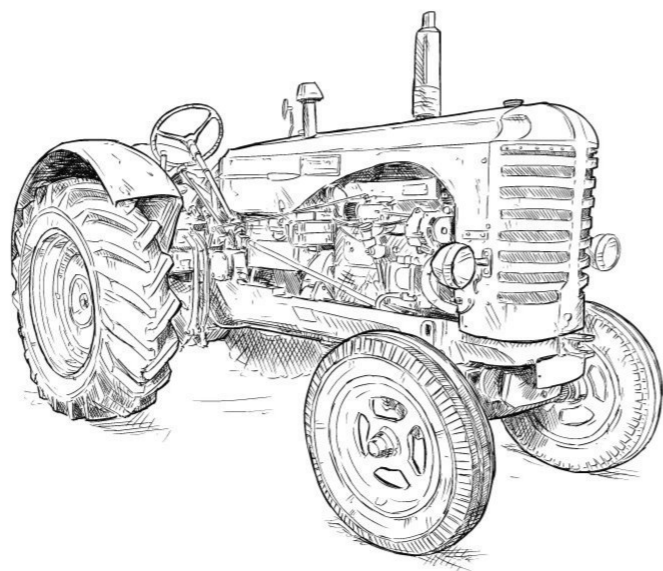


Harold Rice Memorial Tractor Drive and Chili Cook-off

Saturday, April 29th

Greenup County Farm Bureau Field

Hosted in partnership with the Greenup County Farm Bureau,
Greenup County 4-H, Harold Rice Memorial Endowment Committee
and GOTEM.



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YOUTH HEALTH BULLETIN



MARCH 2023

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

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THIS MONTH'S TOPIC: ALL ABOUT ALLERGIES

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

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



Continued on the next page →



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

→ Continued from the previous page

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

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

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

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

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



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

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

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

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

REFERENCE:

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

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)



EAT SMART TO PLAY HARD



KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

RECIPE NAME

Seasonal Layered
Fruit Salad

CURRICULUM TOPIC

Fruits/Veggies;
Dairy; Gardening

SETTING REQUIREMENTS

Indoor or Outdoor

ESTIMATED TIME

Less than 30 Minutes

AGE

Children and Youth

INGREDIENTS

- ½ cup fruit A
- ½ cup fruit B
- ¼ cup vanilla or fruit flavored low-fat regular or whipped yogurt

DIRECTIONS

1. Select two different fruit to fit the season, holiday or focus of the lesson. Choose fresh, frozen or canned. Here are some examples:
Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
Winter: Blueberries, green grapes, blueberry yogurt
Spring: Peaches, red grapes, peach yogurt
Summer: Cantaloupe, blackberries, blackberry yogurt
Patriotic: Blueberries, raspberries, vanilla yogurt
Valentine: Watermelon chunks, raspberries, strawberry yogurt
Christmas: Strawberries, sliced kiwi, vanilla yogurt
2. Using a clear 9-ounce cup, layer fruit and yogurt.



Nutrition Facts

1 servings per container
Serving size 1 1/4 cup (279g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 41g 15%

Dietary Fiber 2g 7%

Total Sugars 36g

Includes --g Added Sugars --%

Protein 3g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 1mg 6%

Potassium 317mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Catherine Webster, Simpson County 4-H Agent, University of Kentucky Cooperative Extension Service

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35 Wurtland Avenue
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Sincerely,

A handwritten signature in cursive script that reads "Presley Adkins Grubb".

Presley Adkins-Grubb,
Greenup County
Extension Agent for
4-H & Youth
Development

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).