

Greenup County 4-H News

January/February 2024



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

Cooperative Extension Service

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

Reminder-

Livestock enrollment forms
are due no later than
January 8th!



**For More
Information**

Call- (606)836-0201

Email- presley.grubb@uky.edu

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.



January

- 4th- Youth Livestock Committee Meeting
- 5th- Deb's Retirement Reception- 2 to 4pm
- 15th- Country Ham Curing

February

- 1st- Youth Livestock Committee Meeting
- 17th- State Livestock Skill-a-thon Contest
- 19th- Area Teen Council- 5pm

March

- 6th- Capital Experience
- 7th- Youth Livestock Committee Meeting
- 18th- Area Teen Council
- 21st-23rd- 4-H Summit
- 26th-27th- Area Middle School Retreat

WEIGH-IN DATES

Market
Beef

March 16th
8-10am
Fairgrounds

Lamb, Goat
& Hog

May 11th
8-11am
Fairgrounds

Feeder Calf

June 29th
8-10am
Fairgrounds

Rabbits

July 18th
5-7pm
Ext. Office

Feeder Pigs/ Roasters

July 20th
8-10am
Fairgrounds

****** There will
be NO health
papers clinic at
this weigh-in**



STATE 4-H LIVESTOCK SKILL-A-THON

SATURDAY, FEBRUARY
17TH

WESTERN KENTUCKY
UNIVERSITY

REGISTRATION REQUIRED AT
EXTENSION OFFICE



SAVE THE DATE

Kentucky 4-H

Capitol Experience



MARCH 6, 2024

Join us



**Capitol Experience
Civic Engagement Workshop**

March 5 from 6-8pm

Franklin County Extension Office

This is a new event to help youth gain a better understanding of their Capitol Experience and learn how to effectively communicate with their representatives.

**Registration Opens on 4-H Online
January 1, 2024**

**Registration Closes
January 26, 2024**

Sponsored by:



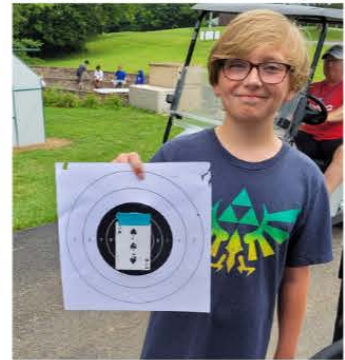
KENTUCKY
4-H FOUNDATION





4-H CAMP JULY 1-5, 2024

Under the Big Top at North Central 4-H Camp



More Info :

**Contact Greenup County Extension Office @ 606-836-0201 or
Presley Grubb, Greenup County 4-H Agent @ presley.grubb@uky.edu**

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KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED

WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **10/20/23** and ends on: **01/12/24**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

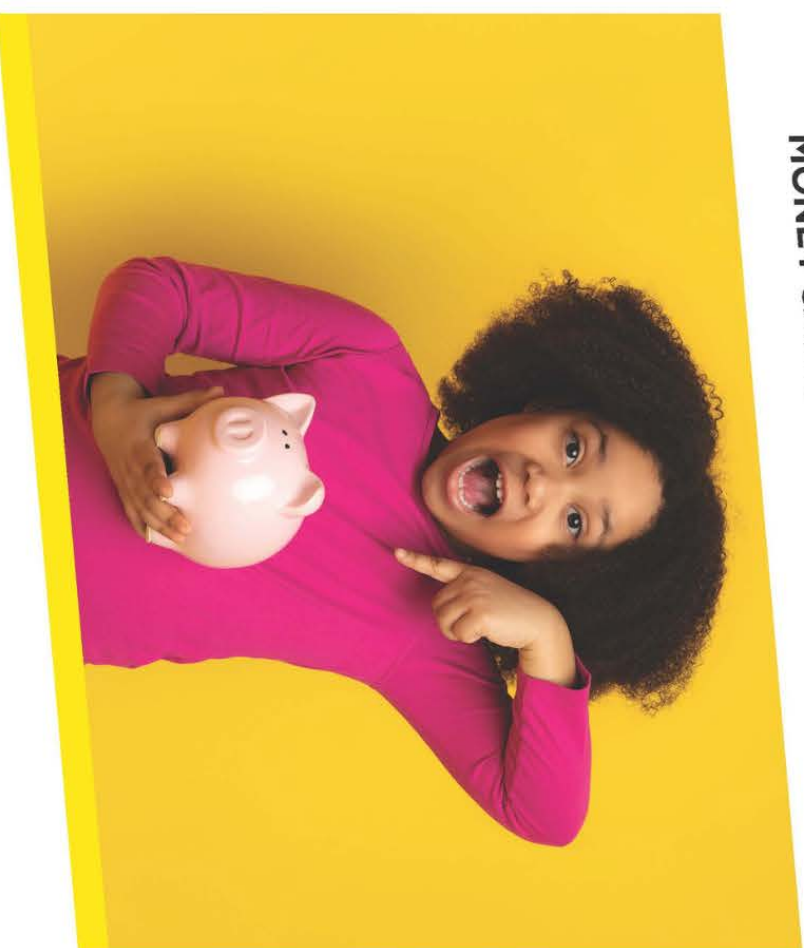


Kentucky Saves Week:
April 8-12, 2024
Kentucky Saves:
www.kentuckysaves.org
MoneyWise:
fcs-hes.ca.uky.edu/moneywise

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KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED



MONEYWISE
VALUING PEOPLE. VALUING MONEY.

UK Cooperative
Extension Service

2024 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506; Email: k.may@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **01/12/24**
3. Winning Entries at the area level must be selected by February 8, 2024.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **01/12/24**

to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as but not limited to profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION

AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

02/02/24

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entry; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.



2024 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____ **Gender:** _____

Grade: _____ **School:** _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other

YOUTH

HEALTH BULLETIN



DECEMBER 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>

Greenup County Extension Office
35 Wurtland Ave
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THIS MONTH'S TOPIC: STAY FIRE SAFE



When it gets cold in the winter, many people turn to fire to stay warm and have light. From candles to fireplaces and heaters, fires can help people be comfortable. However, fire is very serious, is never a toy, and is never OK to touch.

Every year, kids of all ages start fires that hurt people and damage things. You can do your part to prevent fires by never playing with matches, lighters, and other fire sources. Also stay away from all open flames, including fireplaces, candles, and stoves. If you are worried about one of these items, always talk to a grown up in your home. Do not investigate for yourself.

Even when people try to be safe, accidents can still happen. Some

Continued on the next page ➔



You can do your part to prevent fires by never playing with matches, lighters, and other fire sources.

→ Continued from the previous page

people don't want to talk about fire safety because no one likes to think about people getting hurt or their things getting burned. But you can feel less worried about a fire if you are ready just in case.

All homes should have a fire escape plan. They should include how to get out of your home in case of a fire and where to meet outside. Smoke from a fire can make it hard to see where things are, so it's important to learn and remember the different ways out of your home. Talk to your family about the different ways to get out of the rooms in your home. The most important thing in a fire is to get out safely. Never try to hide.

If you can see smoke in the house, stay low to the ground as you go to the exit. In a fire, smoke and poisonous air hurt more people than the actual flames do. You'll breathe less smoke if you stay close to the ground. Bend down low or crawl to avoid the smoke and keep going quickly to the outside.

Besides planning how to get out, you also need to know where to meet your family outside. This is helpful because then everyone shows up in one place and you'll know that everyone is safe. It is normal to worry about your pets or a favorite toy, but if there is a fire, you have to leave them behind. The most important thing is that you get out safely. Once you are out, **STAY OUT**. Do not go back in for anything — even pets. You can tell the fire rescue people about any pets that were left behind and they may be able to help.



If you are stuck in a room with a hot door or on an upper floor, keep the door closed and get to a window. Open it if you can and make a lot of noise and move around. Firefighters will be able to see you and help you get down.

If your clothes ever catch fire, do not run away! Instead, cut off air to the fire by remembering to **STOP, DROP** to the ground, cover your face with your hands, and **ROLL** to put out the flames.

You do not need to be afraid of fire. You can make good choices to keep your distance and stay safe.

REFERENCE:

<https://kidshealth.org/en/kids/fire-safety.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)



Build Your Own Ramen

Servings: 2 Serving Size: 12 ounces



Ingredients:

- 1 package of any flavor ramen noodles
- 2 cups of water
- 5 oz of canned or packaged chicken or tuna
- 1 cup mixed vegetables or vegetable of your choice
- Seasoning of your choice (garlic powder, onion powder, Italian seasoning, lemon pepper or all-purpose seasoning.)

Directions:

1. Prepare ramen in a microwave (or stovetop) according to package instructions.
2. Add chicken or tuna and vegetables and heat for 30 seconds to 1 minute in the microwave until heated through.
3. Note: if using the seasoning packet included in the package, try using only half of the flavor packet and adding your own spices.

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

Tips

Avoid food waste by using leftover rotisserie or baked chicken!

Nutrition facts per serving: 240 calories; 4g total fat; 1g total saturated fat; 0g trans fat; 45mg cholesterol; 710mg sodium; 31g carbohydrate; 3g fiber; 3g total sugar; 0g added sugar; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.



Greenup County Extension Service
35 Wurtland Avenue
Wurtland, KY 41144

Sincerely,

A handwritten signature in cursive script that reads 'Presley Grubb'.

Presley 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).