

Greenup County 4-H News

September/ October
2024



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

Cooperative Extension Service

Greenup County
35 Wurtland Avenue
Wurtland, KY 41144
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greenup.ca.uky.edu



Reminder-

A new program year has started! All 4-H members are required to fill out an enrollment form for the 2024-2025 program year!

AMPLIFY
KENTUCKY 4-H



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

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Disabilities
accommodated
with prior notification.



September

- Sept 1- New Program Year begins!
- Sept 19-20- Area Teen Retreat

October

- October 15- Homeschool Program at Greenup Library

November

- November 12 - Homeschool Program at Greenup Library
- November 28 & 29- Office Closed for Thanksgiving Holiday

Be on the lookout for upcoming meetings and livestock training hours to get an early start!

Kentucky State

Fair Results:

Cloverville Entries



Abel Orsak

Blue Ribbon- Oatmeal Muffins

Blue Ribbon- Coffee Cake

Red Ribbon- Brownies

Kentucky 4-H Youth Development 410-1150
Cooperative Extension Service

Division No: 6005 - Horticulture
Class No: 578 - Peppers, Hot
Entry No: 6697
County: Greenup
Name: Brady Billups

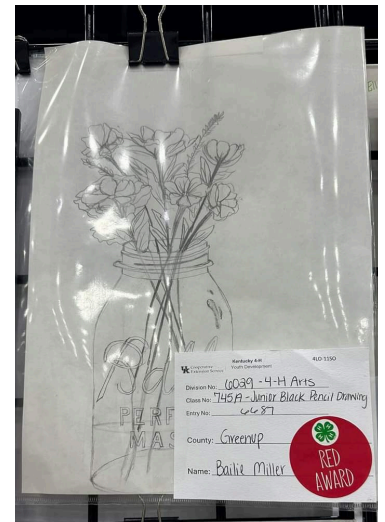
BLUE AWARD

Brooklyn Miller

Red Ribbon- Laundry Bag

Red Ribbon- Junior Abstract

Red Ribbon- Terrarium



Bailee Miller

Red Ribbon- Color Collage

Blue Ribbon- Bulletin Board

Red Ribbon- Pencil Drawing

Red Ribbon- Dish Garden

Kentucky 4-H Youth Development 410-1150
Cooperative Extension Service

Division No: 6005 - Horticulture
Class No: 577 - Tomato, Heirloom
Entry No: 6711
County: Greenup
Name: Wade Billups

RED AWARD

Brady Billups

Blue Ribbon- Peppers

Blue Ribbon- Tomatoes

White Ribbon- Potatoes



Wade Billups

Blue Ribbon- Beans

Red Ribbon- Tomatoes

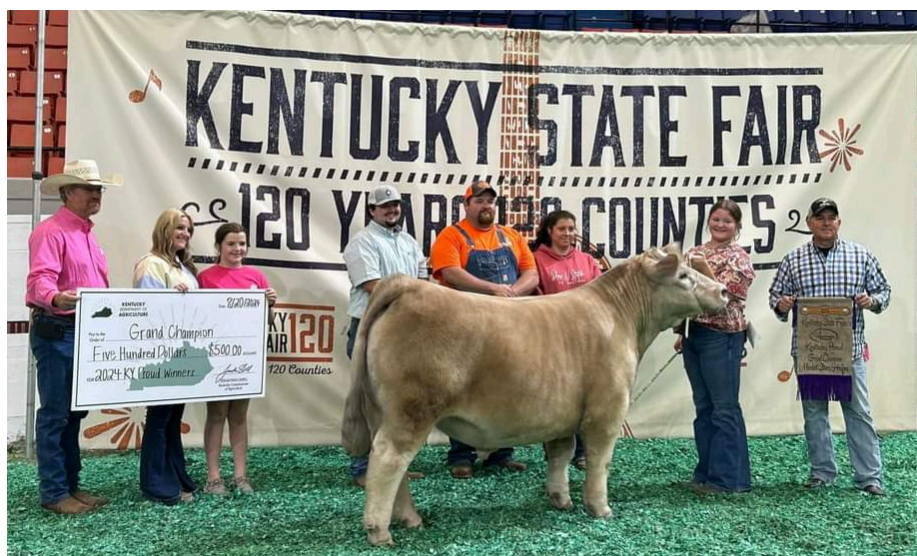
Red Ribbon- Cucumbers



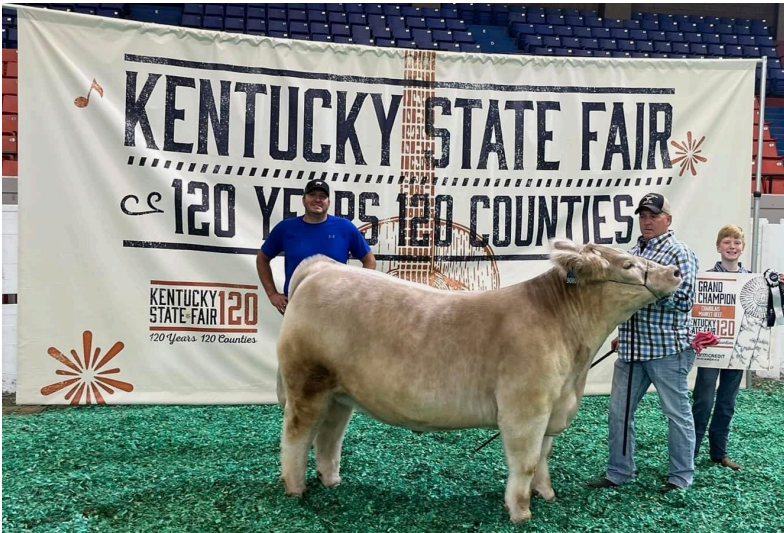
Kentucky State Fair Livestock Results:



Bailee Miller-
Kentucky Proud Champion Simmental
Reserve Champion Simmental
Overall KY Proud Champion Market Beef



Kentucky State Fair Livestock Results:



Grayson Howard-
Grand Champion
Charolais Market Beef



Kendall Harris - Reserve
Champion Division 4 Market
Goat
4th in the Championship
Drive

Kentucky State Fair Livestock Results:



Ella Stone- 3rd overall showman
Market Barrow Class winner
Reserve Champion KY Proud
light weight
Market Gilt- 1st in heavy weight



Hadley Webb- Reserve
Champion Junior Showman



Kierstin Clark- 2nd in class
Registered Angus



Sierra Miller- Class 2
Crossbred- 3rd in Class
Aydin Kozee- Class 3 of
Crossbred -3rd in Class

County Fair Livestock

Results:

Grand Champions

- Market Beef- Bailee Miller
- Feeder Calf- Zylar Imler
- Feeder Pig- Bradlee Potter
- Market Hog- Ella Stone
- Market Rabbit- Paycen Arthur
- Market Poultry- Cheyanne Woods
- Market Lamb- Abbigail Howard
- Roaster Hog- Ella Stone
- Market Goat- Kendall Harris



Reserve Champions

- Market Beef- Grayson Howard
- Feeder Calf- Hadley Webb
- Feeder Pig- Bailee Miller
- Market Hog- Eva Wireman
- Market Rabbit- Jayce Bryant
- Market Poultry- Micah Mullins
- Market Lamb- Sawyer Brown
- Roaster Hog- Brooklyn Miller
- Market Goat- Zoey Osborne



Livestock Judging & Skill-a-thon Results



Clover Winners:

Skill-a-thon

1st place- Miana Lyon

2nd place- Anola Wireman

3rd place- Charlee McGinnis

Clover Winners:

Livestock Judging

1st place- Wade Billups

2nd place- Miana Lyon

3rd place- James Ray Hall III

Intermediate Winners:

Skill-a-thon

1st place- Eva Wireman

2nd place- Waylon Hall

Intermediate Winners:

Livestock Judging

1st place- Paycen Arthur

2nd place- Layden Stephens

3rd place- Eva Wireman

Senior Winners:

Skill-a-thon

1st place- Angelrae Bates

2nd place- Audrey Hall

3rd- Shelby McCormick

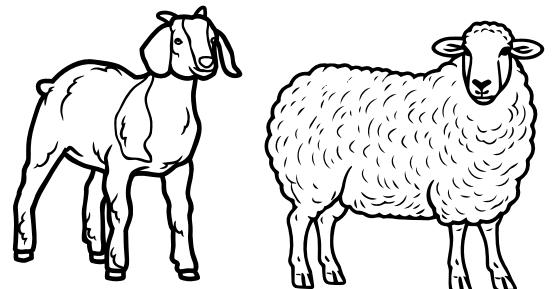
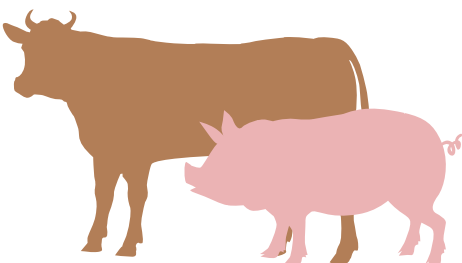
Senior Winners:

Livestock Judging

1st place- Angelrae Bates

2nd place- Allison Wireman

3rd place- Laynee Loan



Livestock Judging & Skill-a-thon Results

Cloverbud Participants:

Audrey Wireman, Amelia Wireman, Anna Spencer, Bradlee Neace, Owen Tolliver, Kase Barte, Khloe Pope, Chevy Riley, Jenson Cox

Overall Clover Winners:

1st place- Miana Lyon

2nd place- Charlee McGinnis

Overall Intermediate Winners:

1st place- Eva Wireman

2nd place- Waylon Hall

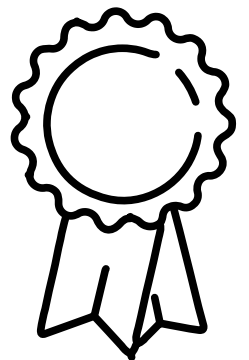
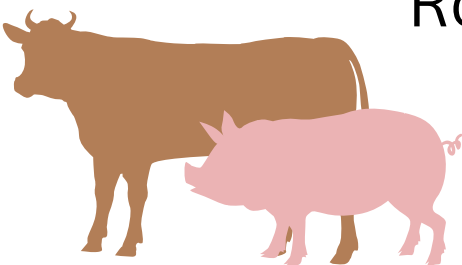
Overall Senior Winners:

1st place- Angelrae Bates

2nd place- Shelby McCormick

Round Robin Winner:

Ella Stone



4-H UKULELE CLUB



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



Meets at the Greenup County
Extension Office
All ages welcome!



2nd Tuesday of the month
Arrival 5-5:30pm
Meeting 5:30-6:30 pm

Call 606-
836-0201
for more
information!

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Disabilities
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YOUTH

HEALTH BULLETIN



SEPTEMBER 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>

THIS MONTH'S TOPIC

STEP INTO NATURE: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and



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Disabilities accommodated with prior notification.

While you are hiking, try to identify trees, bushes, or animals that you see along the way.

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lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the “leave no trace” rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>



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)



BBQ Venison Meatballs

Servings:6 Serving Size:2 meatballs



Ingredients:

- Meatballs
- 1 pound ground venison (may substitute elk or beef)
- ½ cup 2% milk
- ¾ cup rolled oats
- ½ cup minced fresh onion
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Sauce
 - *1 cup ketchup
 - *½ cup water
 - *½ cup grated onion
 - *2 tablespoons vinegar
 - *¼ cup brown sugar
 - *¼ teaspoon black pepper

Directions:

Combine venison, milk, oats, onion, salt, and pepper in a large bowl. Use a sturdy spoon or clean hands to mix well. Shape meat mixture into 12 1-inch balls, and place in a shallow 9-by-13-inch baking pan. *Combine all the sauce ingredients in a bowl and stir well. Pour sauce over meatballs. Bake uncovered at 350 degrees F for 1 hour, turning over twice.

Source: Adapted from: “Fish & Game Cookbook” Bonnie Scott. 2013.

Nutrition Facts per Serving: 160 calories, 3g total fat, 1g saturated fat, 0g trans fat, 65mg cholesterol, 220mg sodium, 14g total carbohydrate, 1g dietary fiber, 6g total sugars, 3g added sugars, 20g protein, 0% DV vitamin D, 4% DV calcium, 15% DV iron, 6% DV Potassium



Greenup County Extension Service
35 Wurtland Avenue
Wurtland, KY 41144

Sincerely,

A handwritten signature in black ink that reads 'Presley Grubb'.

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

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

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