

4-H HAPPENINGS

DECEMBER 2022



HAPPY HOLIDAYS

Any Questions? Contact us!

Shannon Farrell
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4-H Program Assistant
859-234-5510
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4-H Stickers for Sale

You can order stickers at
this website:

https://uky.az1.qualtrics.com/jfe/form/SV_9Tz8yJJfy3kbJFc

Or call the extension office
at 234-5510 for help.



PHOTOGRAPHY WORKSHOP



The Harrison County Extension Office will be holding a Photography workshop on Wednesday, December 14th, 2022. The workshop will be from 3:30 p.m. to 5:00 p.m. For ages 9-18. Please bring a favorite photo to the class (could be printed or on electronic device)



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.



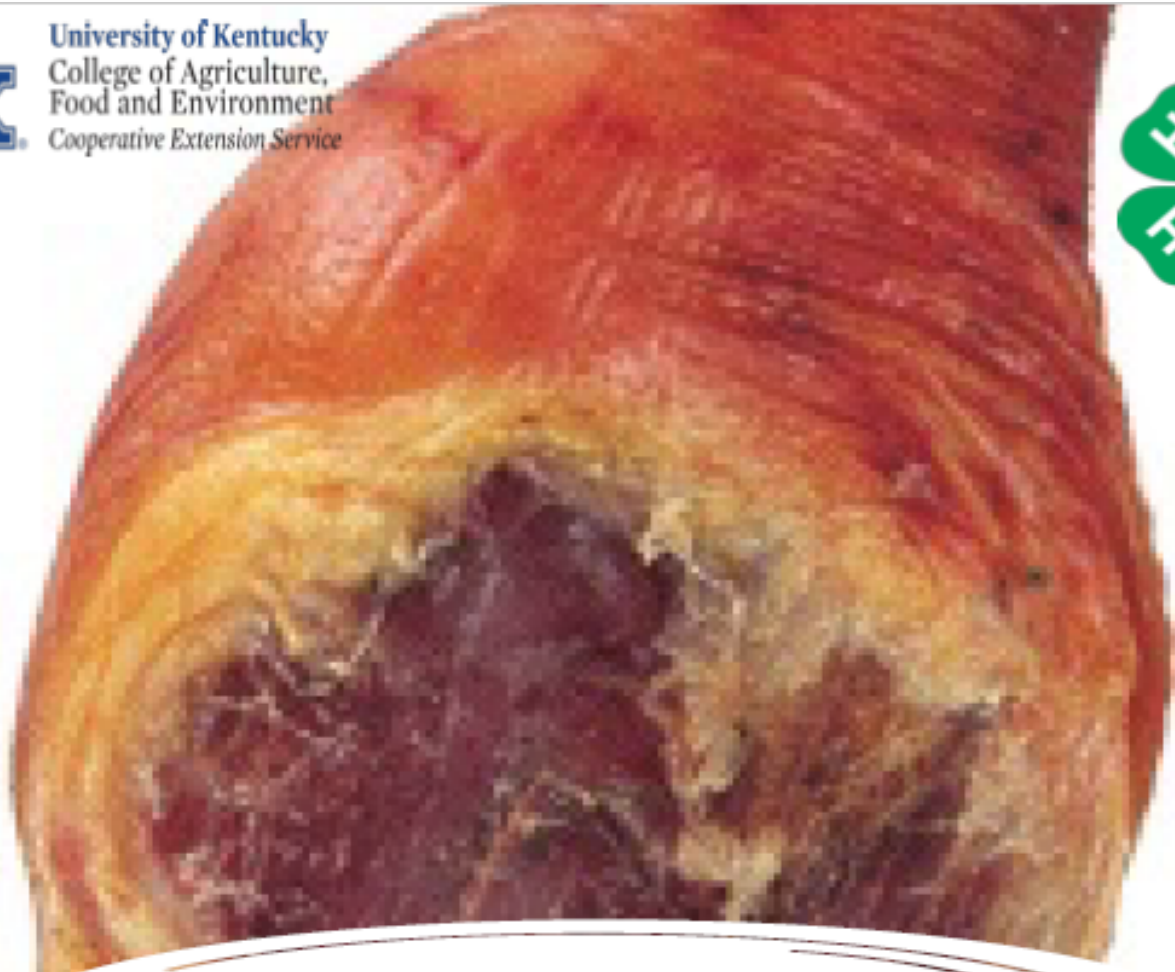
HOLIDAY CLOSINGS

December 26-30, 2022

January 2nd, 2023



**MERRY CHRISTMAS
FROM EVERYONE
AT THE HARRISON
COUNTY
EXTENSION OFFICE!**



4-H Country Ham Project

- 4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.
- After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.
- Youth are required to give a 3-5 minute presentation at the KY State Fair on August 17, 2023.
- Youth must get 6 hours of classroom instruction to compete at State Fair. We will have monthly meetings after school at Extension Office.
- **Any youth 9-18 years old may participate.**

COST: \$60. includes 2 hams, cure mix & supplies

Cloverbud (6-8) and Adults - \$40 (1 ham, cure mix, and supplies)

The deadline to sign-up is Friday, December 16.
Interested in learning more please contact your local
Kentucky Cooperative Extension Service Office to see if their county is
participating.





2023 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
<p>Giving a 3-5-minute presentation at KY State Fair on the required topic: Junior (Born 2013– 2009); Discuss the history of the country ham. Country ham is considered a Southeastern food, but that was not always the case. Before mechanical refrigeration, salting food was a common preservation method. Discuss the history of the country ham and how it became part of Kentucky's food heritage.</p> <p>Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them. Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated.</p> <p>Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.</p>		
<p>Pay \$60.00 fee – you will receive 2 hams (<u>failure</u> to complete the project, fee will NOT be refunded and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$60.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).</p>		

All winning hams will be placed on display at the Kentucky State Fair and will be returned at its conclusion.

Parents Signature _____ Date _____

4-H'er Signature _____ Date _____

Agent Signature _____ Date _____

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2023.

Contract and check (payable to Harrison County 4-H) to Extension Office by 12/16/2022.





JOIN LEADERSHIP HARRISON COUNTY

CLASS OF 2023

TO SPONSOR A DUGOUT!



GRAND SLAM

\$5000

HAVE A DUGOUT
NAMED AFTER YOU



HOME

RUN

\$1500

BENCH SPONSOR



RBI

\$1000

DOOR
SPONSOR



BASE

HIT

\$500

CUBBY SPONSOR

**AT FLAT RUN
VETERANS PARK**



Checks payable to: Leadership Harrison County and mailed to
Chamber of Commerce at 141 East Pike Street, Cynthiana, KY 41031
by December 15, 2022. Questions? Contact:
Leadershipharrisoncounty@gmail.com



4-H GINGERBREAD HOUSE CONTEST

ENTRIES DUE DECEMBER 14TH

JUDGING DECEMBER 15TH

PICK-UP DECEMBER 16TH



RULES & INFO



CATEGORIES:

From a Kit
From Scratch

Age Group:
Cloverbud (6-8)
Jr. 4-H (9-13)
Sr. 4-H (14-18)
Adult (19+)



4-H PROJECT WORKSHOP

CHRISTMAS CRAFT

PAPER QUILLING ORNAMENT

Monday, December 19

3:30pm - 5:00pm



CALL THE OFFICE
AT 859-234-5510
TO SIGN UP OR
CLICK THE LINK
BELOW

[HTTPS://WWW.SIGN
UPGENIUS.COM/GO
/30E0B4DACA72BA
4F49-4HPAPER](https://www.signupgenius.com/go/30E0B4DACA72BA4F49-4HPAPER)

Cooperative Extension Service
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LEXINGTON, KY 40546



4-H Dog Club December Meeting

Thursday, December 8

5:30pm - 6:30pm

Harrison County Extension Office

NO DOGS AT MEETING

Join us for making
ornaments and presents
for your pup!



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YOUTH

HEALTH BULLETIN



DECEMBER 2022

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

Harrison County
Extension Office
668 New Lair Road
Cynthiana, KY
41031
(859) 234-5510

THIS MONTH'S TOPIC: CAFFEINE



You might know about foods or drinks that people say give them more energy or help them feel more awake. These foods and drinks have a chemical called caffeine. Caffeine is a stimulant. Stimulants make us feel more awake and alert. Many people have drinks with caffeine in them because they think it helps them to wake up and feel sharper.

While caffeine comes from plants, it is not always safe. It can hurt you if you eat or drink too much. Too much caffeine can make you feel shaky, have an upset stomach, headaches, make it hard to concentrate, and even cause trouble sleeping.

Both children and adults should limit the amount of caffeine that they eat and drink daily. You can do this by choosing not to drink or eat things that have lots of

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Too much caffeine can make you feel shaky, have an upset stomach, headaches, and even cause trouble sleeping.

→ Continued from the previous page

caffeine. These types of drinks (and some food) have large amounts of caffeine in them:

- Energy drinks
- Sodas and cola
- Sports drinks
- Coffee
- Tea
- Chocolate

Energy drinks make the top of the list because they have the most caffeine and the most sugar of any of the items. This makes energy drinks dangerous to kids and adults. They contain lots of the things our bodies do not need, and very little that our bodies do need to feel good and do our best.

In fact, there is no nutritional value in caffeine at all! This means that your body does not need any caffeine to work its best and grow to its full potential. In fact, some studies show that children who eat or drink a lot of caffeine do not grow as tall or as strong as they could have otherwise.

Instead, choose drinks and snacks that have what your body needs to grow! Water and milk are great drink choices to make every day. Your body needs water to feel its best, and low-fat milk has calcium



and vitamins to strengthen your bones. You can add fruits or other natural flavors to water to mix it up from time to time. Or drink seltzer water if you really want a drink with fizz. Try adding one of these delicious flavor boosters to your water or mix and match to create your own unique combination!

- Strawberry slices
- Orange slices or wedges
- Cucumber slices
- Lemon or lime wedges
- Mint leaves
- Watermelon cubes

REFERENCES:

<https://www.children.com/health-wellness/caffeine-for-kids>

ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Mansour

Cartoon illustrations by:

Chris Ware (H. University of Kentucky School of Human Environmental Sciences)

4-H Club Meetings

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1. 4-H Horse Club 3:30-4:30 pm	2. Livestock Club 5:30-7 pm	3. 4-H Knitting 10 am-12 pm
4.	5. Cloverbud Cooking 3:30-5 pm	6. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	7. 4-H Teen Council 3:30-4:30 pm	8. 4-H Dog Club 5:30-6:30pm (NO DOGS) @office	9.	10. 4-H Knitting 10 am-12 pm
11.	12. 4-H Communications 3:30-4:30 pm 4-H Cooking Class 3:30- 5 pm Poultry club 5-7pm	13. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	14. 4-H Horticulture club 3:30-4:30 pm 4-H Photography 3:30- 5:00 pm	15. 4-H Art club 3:30-4:30 pm Rabbit club- 5-7 pm	16.	17. 4-H Knitting 10 am-12 pm
18.	19. 4-H Paper Quilling 3:30-5:00 pm	20. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	21. 4-H Cloverbud 3:30-4:30 pm	22.	23.	24. 4-H Knitting 10 am-12 pm
25.	26.	27.	28.	29.	30.	31.
CHRISTMAS BREAK- OFFICE CLOSED						



"To Make the Best Better"

