

4-H HAPPENINGS

February 2023



"Hi, I am Sutton Koch and I am the Jr. Social Ambassador for the Harrison County 4-H Teen Council. I would like to invite any 6th-12th grade students to attend our February Teen Council meeting. It will be held at the Extension Office on February 1st from 3:30-4:30. Teen Council has helped me to develop important social and leadership skills, and helped me become more active in 4-H and my community! I highly encourage you to come! Hope to see you there!!"

Horticulture Project Workshop

On Friday, February 24th from 3:30-4:40 p.m.

This will include learning about multiple fair exhibits for the fair with posters, displays, potted plants and begin growing vegetables!

<https://www.signupgenius.com/go/30e0b4daca72ba4f49-4horticulture#/>



Any Questions? Contact us!

Shannon Farrell
4-H Youth & Development Agent
859-234-5510
shannon.farrell@uky.edu

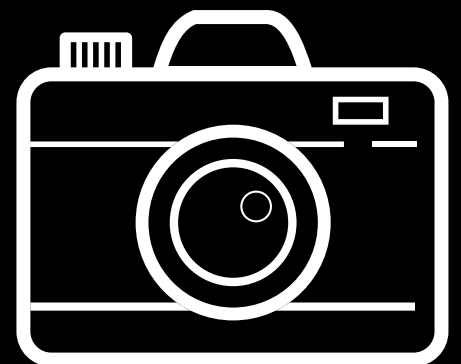


Holly Laytart
4-H Program Assistant
859-234-5510
holly.laytart@uky.edu



4-H Photography Series

Photography is set to start in the middle of March - watch for details in the March newsletter!



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.



4-H Communications Contest



Monday, March 20, 2023

5:30 PM Maysville Community and
Technical College, Cynthiana

SPEECH CATEGORIES

**WINNERS OF
THE SPEECH
CONTEST WILL
ADVANCE TO
AREA CONTEST
ON TUESDAY,
MARCH 21ST!**

- 9 year old
- 10 year old
- 11 year old
- 12 year old
- 13 year old
- 14 year old
- 15 year old
- 16 year old
- 17 year old
- 18 year old

MOCK JOB INTERVIEW CATEGORIES

- 14-15 Year old
- 16-18 Year old

**WINNERS OF THE
DEMONSTRATION
AND MOCK
INTERVIEW
CONTEST WILL
ADVANCE TO
AREA CONTEST
ON THURSDAY,
APRIL 13TH!**

DEMONSTRATION CATEGORIES

(Junior: ages 9-13 and Senior: ages 14-18)

- Agriculture
- Animal Science
- Visual Arts
- Performing Arts
- Clothing and Textiles
- Family and Consumer Sciences Foods
- Health
- Team Demonstration Natural Resources
- Shooting Sports
- Science, Engineering, and Technology Digital Media Presentation

CLOVERBUD CATEGORIES

(ages 6-8)

Speech or Demonstration (county level only)

Must pre-register by March 15th. Email shannon.farrell@uky.edu or call the Extension Office at 859-234-5510 with 4-Her name, date of birth, email, phone number, and category(ies) to register.



Community Corner

MCTC



LIBRARY



CHAMBER OF COMMERCE



HC EXTENSION



Check out what's happening in our community!
Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.

4-H CAMP 2023

Theme: JULY 3RD-7TH, 2023
TIME WARP WITH US BACK TO 4-H CAMP IN 2023!

COUNSELOR APPLICATIONS (AGES 15 AND UP)
ready and due FEB 1-15 at Extension Office

4-H CAMPER APPLICATIONS (AGES 9-14) available for pickup at all school offices and Harrison Extension Office starting February 25th.

Camper applications will be accepted at the Extension Office (668 New Lair Rd) March 1-15 (8 AM - 4:30 PM)

Waiting list will begin after allotted spots have been filled.

Cost is \$215(includes lodging, meals, snacks, t-shirt, and fun-filled week of activities!)



Questions? email shannon.farrell@uky.edu
or call the Harrison Co. Extension Office at 859-234-5510

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FCS Newsletter

February 2023

Family & Consumer Sciences
For the adults in the Family



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

ADDICTION RECOVERY

with University of Kentucky
 Dr. Alex Elswick

Monday, February 27 @ 5pm
 Harrison County Extension Office

- *Prevention & Recovery
- *Breaking the stigma
- *Educating and awareness

*Supper provided

RSVP by Friday, February 22; 859-234-5510

Family & Consumer Sciences at the Harrison

County Extension Office has something for the whole family. A few of those activities are highlighted here. Call or stop by the extension office to sign-up, receive more information, and ask to be included on the mailing list for the complete FCS newsletter



Shelley W. Meyer



Shelley Meyer
 Harrison County Extension Agent
 For Family & Consumer Sciences
 shelley.meyer@uky.edu



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

Self Care Series

Makeup Application & Hairstyles

February 9

2pm or 5pm

Skin & Hair Care w/ Judy Judy

February 20

10am or 6pm

Location: Harrison Co. Extension Office Call to sign up 859-234-5510



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 LEXINGTON, KY 40546



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YOUTH

HEALTH BULLETIN

FEBRUARY 2023

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

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



EATING A VARIETY KEEPS US HEALTHY

THIS MONTH'S TOPIC:

Your body needs many different kinds of nutrients to grow and be its best! You can help your body feel good and grow big by eating a wide variety of foods that help different parts of your body. Variety means eating lots of different foods — not just the same things over and over. We all have favorite foods. But it is important that we eat more than just a few foods to stay healthy. Try adding new foods to the things you already like. Trying new foods can be fun and exciting. Ask a friend or family member about foods they like to eat. Maybe you will find a new favorite, too!

There are no “bad” foods to eat, unless you have a food allergy. But the foods that are in the groups below are really important for you to eat. These foods give your body the special ingredients it needs for all of the different parts of your body to work their best.

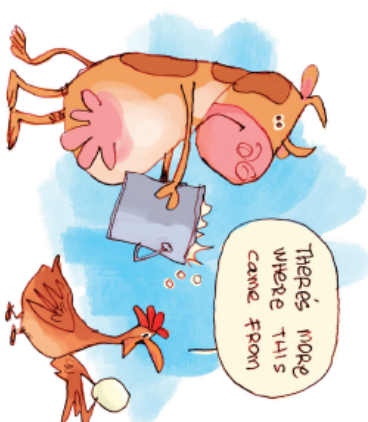
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When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

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- **Fruits and vegetables:** There are so many different kinds of fruits and vegetables. Eating lots of different colors and kinds help your body get all the vitamins and minerals it needs! Vitamins and minerals help protect your body from disease. Can you name a fruit and vegetable for every color in the rainbow? Try to “eat the rainbow” as a part of your meals this week.
- **Grains:** Grain foods are bread, pasta, noodles, breakfast cereals, couscous, rice, corn, quinoa, polenta, and oats. These foods give your body energy to grow, play, and learn. Whole grains give your body longer-lasting energy. They keep you feeling fuller for longer, so they are the best choice.
- **Protein:** Protein-rich foods include lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu, and nuts. These foods are important for your growth and muscles. These foods also have other useful vitamins and minerals that are important for your brain and learning.



- **Dairy:** Key dairy foods include milk, cheese, and yogurt. These foods are good sources of protein and calcium, which help build strong muscles and hard bones in your body. You can drink or eat these foods. It's easy to include them in your meals and snacks in many ways.

Different kinds of foods help your body do different things, so they are all important. Talk to your parents or caregivers about how you can help plan meals in your family. Try to include foods from all of the groups. When you get to make food choices at home, at school, or out to eat, think about choosing foods from all of the groups!

If you are looking for new recipes to include your meals at home, grab a grown-up and check out some great options that include ingredients from all of the food groups at planteatmore.com/recipes.



4-H Club Meetings

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1. 4-H Teen Council 3:30-4:30 pm	2. Horse Club 3:30-4:30 pm 4-H Sewing 3:30-4:30 pm	3. Livestock Club 5:30-7:30 4-H Skillathon 3:30-5	4. 4-H Knitting 10 am-12 pm
5.	6. 4-H Cooking 3:30-4:45 pm 4-H Livestock Judging 3:30-4:30 pm 4-H Sewing 3:30-4:30 pm	7. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors 4-H Sewing 3:30-4:30 pm	8. 4-H Social Media Club 3:30-4:30 pm 4-H Sewing 3:30-4:30 pm	9. Dog Club 6-7 pm @McCauley Bldg 4-H Skillathon 3:30-5	10.	11. 4-H Knitting 10 am-12 pm
12.	13. 4-H Poultry Club 5-7 pm 4-H Livestock Judging 3:30-4:30 pm 4-H Communications 3:30-4:30pm 4-H Sewing 3:30-4:30 pm	14. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors 4-H Sewing 3:30-4:30 pm	15. 4-H Horticulture club 3:30-4:30 pm 4-H Cloverbud Club 3:30- 4:30 pm 4-H Skillathon 4:30	16. Rabbit club- 5-7 pm 4-H Sewing 3:30-4:30 pm	17.	18. 4-H Knitting 10 am-12 pm
19.	20. 4-H Livestock Judging 3:30-4:30 pm	21. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors 4-H Sewing 3:30-4:30 pm	22. Chamber 4-H Entrepreneurship from 3:30-5 pm 4-H Sewing 3:30-4:30 pm	23. 4-H Art club 3:30-4:30 pm 4-H Sewing 3:30-4:30 pm	24. 4-H Project Workshop 3:30-4:30	25. 4-H Knitting 10 am-12 pm
26.	27. 4-H Livestock Judging 3:30-4:30 pm 4-H Sewing 3:30-4:30 pm	28. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors 4-H Sewing 3:30-4:30 pm				



"To Make the Best Better"

