

# 4-H HAPPENINGS

MARCH 2023

"Hi, my name is Clayton Laytart and I'm serving as your 2022-2023 Public Relations Officer. I'm currently 16 years old and a sophomore at Harrison County High School. In my free time I enjoy working on my tractor and I live by these encouraging words (that also best describe 4-H): never be afraid to try new things because if you never try you will never know if you like it.

4-H camp sign-ups are March 1-15. I'd love if you'd consider going to 4-H camp! There are tons of fun things to do at camp including canoeing, archery, riflery, and much more!"



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 Camp Applications Available

Ages 9-14 and 15 year old CIT sign ups; start on March 1st and they are due by March 15th! A \$25 deposit is required when application is turned in. The total fee is \$215 and has to be paid by May 31. Ask about scholarship form if needed.



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

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LEXINGTON, KY 40546



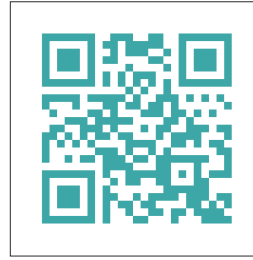
Disabilities  
accommodated  
with prior notification.

# 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.



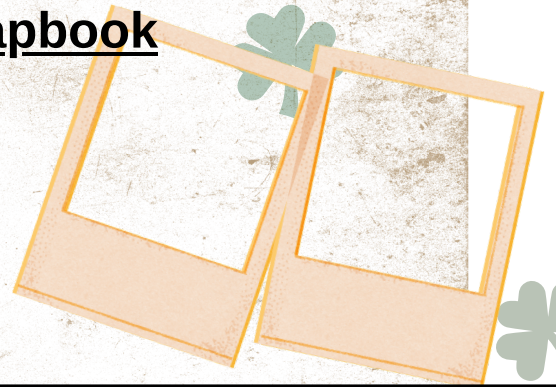
Inspire a farmer to give back! The \$10 Ag Tag voluntary donations directly support 4-H, FFA and Kentucky Proud. A portion of the funds will come directly back to Harrison County.

## Scrapbook Workshop


Wednesday, March 22 3:30-4:30; Bring as many photos as you'd like to put on scrapbook page.

Supplies are provided (except photos), but everyone is welcome to bring anything of their own to use as well. Click here to sign up:

<https://www.signupgenius.com/go/30E0B4DACA72BA4F49-4hscrapbook>



## **ATTENTION!!!!!!!!!!!!!!**



4-Hers and FFA Members who plan to show market animals need to order their market animal tags directly from the KY State Fair. For more information contact [Shannon.farrell@uky.edu](mailto:Shannon.farrell@uky.edu).

# 4-H Photography

TUESDAY, MARCH 21ST, 2023

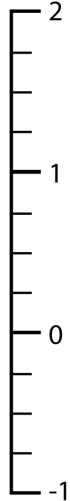
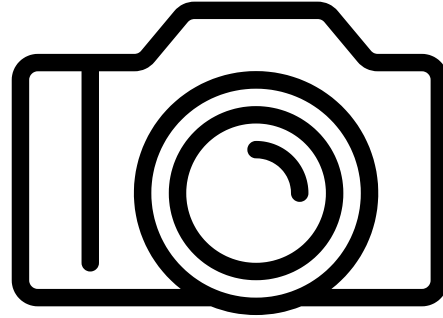
4-5 PM

MEETING AT BOYD'S STATION

GALLERY 203 E Pike St, Cynthiana, KY  
41031

WHAT TO BRING:

- A CAMERA or
- A PHONE WITH A CAMERA
- SNACKS IF YOU WOULD LIKE



00:00:00:00

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 income, to assist them and their families on the basis of race, color, ethnic origin, national origin, sex, or age. Contact your local office for more information. Please contact your regional, state, or national office for more information. U.S. Department of Agriculture, National Institute of Food and Nutrition, Lexington, KY 40546



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development

## Harrison County 4-H Rabbit Club

# Easter Photo

## FUNDRAISER

SATURDAY, MARCH 18 2023 10:00AM - 1:00PM

McCauley Building, Harrison County Fairgrounds

**Limited Spots Available!**

**\$25 per Family (3 digital Photos)**

**Easter Backdrop with live bunny, chicks, etc.**

**Register to reserve your spot!**

**Walk-ins welcome but subject to wait times**

**Call or email to reserve your spot!**

**850-234-5510**

**[holly.laytart@uky.edu](mailto:holly.laytart@uky.edu)**

**ALL PROCEEDS WILL BENEFIT HC 4-H RABBIT CLUB**

# Egg My Yard

**DISCOVER A YARD FULL OF STUFFED EASTER EGGS!**

## Here's How It Works:

- You purchase the amount of stuffed eggs you'd like.
- Have your eggs scattered in your yard or left in a basket!
- Easter morning, wake up and enjoy!

**There is a limited amount of yards, so book yours now!**

**Available to anyone in Harrison County**

**If it rains, you will receive a basket with your eggs on your porch!**

**\*All eggs are filled nut free!\***

**25 Eggs = \$20.00**

**50 Eggs = \$35.00**

**75 Eggs = \$50.00**

Make checks payable to  
**Harrison County 4-H Poultry Club**

## To Book Your Yard

Please Call **859-234-5510** or Email **holly.laytart@uky.edu**

Stop by:

**Harrison County Cooperative  
Extension Office  
668 New Lair Road  
Cynthiana, KY 41031**

**All orders must be received by  
Friday, March 31st**

**All Proceeds go to the Harrison County 4-H Poultry Club**

# 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>

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

## THIS MONTH'S TOPIC: ALL ABOUT ALLERGIES

**H**ave 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

Imagine That.  
THE DOCTOR SAYS  
I'M ALLERGIC TO  
**DOGS.**



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)



# 4-H Club Meetings

## MARCH 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	3.	4. 4-H Knitting 10 am-12 pm
5.	6. 4-H Livestock Judging 3:30-4:30 pm	7. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	8.	9. Dog Club 6-7 pm @Ext. office No dogs	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 **Cloverbud cooking 3:30-4:30 pm (pre-register)	14. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	15. 4-H Horticulture club 3:30-4:30 pm 4-H Cloverbud Club 3:30- 4:30 pm	16. Rabbit club- 5-7 pm	17.	18. 4-H Knitting 10 am-12 pm
19.	20. 4-H Livestock Judging 3:30-4:30 pm **4-H Cooking Club 3:30-4:30 pm (pre-registration required)	21. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors 4-H Photography 4 pm @Boyd Station Gallery	22. 4-H Scrapbooking Workshop 3:30 - 4:30 p.m.	23. Livestock Club 5:30-7:30 pm	24.	25. 4-H Knitting 10 am-12 pm
26.	27. 4-H Livestock Judging 3:30-4:30 pm	28. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	29.	30. **4-H Art club 3:30-4:30 pm (pre-registration required)	31.	

\*\*Cloverbud Cooking & \*\*4-H Cooking Registration:  
Call the office 859-234-5510

\*\*Cloverbud Cooking Sign-up deadline is March 10th

\*\*4-H Cooking sign-up deadline is March 17th

\*\*4-H Art Club Registration:

To ensure spots availability email:  
shannon.farrell@uky.edu



"To Make the Best Better"

