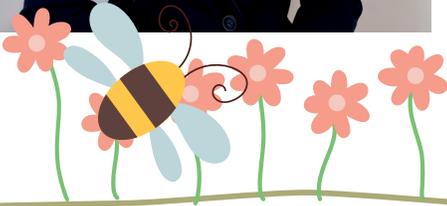


4-H HAPPENINGS

MAY 2023



“Hello, I am Mika Malone. 4-H has helped me in so many ways. I have become a leader and role model for younger kids. 4-H has bettered me in every way. In 4-H I have become an art and livestock skillathon leader and am currently the Vice President on the Teen Council. Without 4-H, I would not be who I am today.”



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



Office Location:
668 New Lair Road
Cynthiana, KY 41031

The Harrison County Fair is scheduled to take place July 15-22. Information for 4-H project entries (including dates, rules, and categories) can be found in fair catalogs or stopping by the Extension Office for a hardcopy, or emailing Shannon.farrell@uky.edu.





HARRISON COUNTY Health FAIR

Thursday, June 1, 2023 · 7:00 am to 11:00 am · Harrison County Middle School
(parking in the back entrance)

Free Tests & Screenings Include:

- Blood Pressure
- Blood Tests for cholesterol, triglycerides (fasting required), blood sugar, and thyroid-stimulating hormone
- BMI Screening for both adults & children
- Body Fat Analysis
- Diabetes Risk Screening
- Height & Weight
- Kidney Disease Screening
- Osteoporosis Screening for women over 40
- Pulse Oximetry
- Stroke Risk Assessment
- Skin Cancer Spot Screening
- Vision Screening

Healthcare professionals will be available to answer health-related questions. You'll find more than 20 exhibits and additional screenings available.

This event is open to everyone. It is NOT exclusive to Harrison County residents.

Lab results will be posted on the HMMHmyhealth! patient portal, or you may contact the Harrison Memorial Hospital Health Information Department to request a printed version.

Thank you to the following sponsors:

Harrison Memorial Hospital
Harrison County Extension Office
UK Gill Heart & Vascular Institute Affiliate Network
UK Markey Cancer Center Affiliate Network

Harrison County School System
Weaco District Health Department



Kentucky 4-H International Exchange Programs Families Needed to Host Summer 2023!

Host a delegate in your home this summer, save credits for your child to travel abroad! No prior 4-H involvement required! Dates: Mid July to mid August.



Invite an international youth into your home for 3.5 weeks and share an American experience. Expand your family's cultural understanding, learn about new foods and customs, and possibly a new language all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country too! Host parents reported that, "this experience was life-changing and shifted family priorities in a positive direction."

Open your home to an international student and open your lives to the world!

HOSTING PERIOD: 3.5 weeks from Mid July to Mid August

- Hosts are needed for youth aged 12-18 and adult chaperones
- Youth have a range of English language abilities, host families should be prepared to communicate imaginatively

HOST FAMILY REQUIREMENTS

- You must have a child of the same gender and within 3 years of the hosted youth (children aged 10+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone or an academic year long student
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family
- This is a voluntary program, no stipend will be provided
- Families receive credits if their children would like to travel abroad!



For more information, visit <http://www.states4hexchange.org> or contact us by email at Isaac.Hilpp@uky.edu or by phone at 1-859-218-0990



Facebook Page <https://www.facebook.com/states4hexchange/>



Instagram @states4international

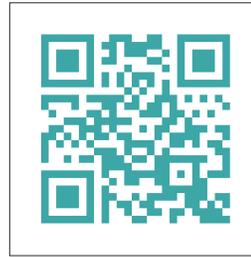
Please note: Host family selection is dependent on completion of an application and screening process as well as student availability and personality compatibility

Community Corner

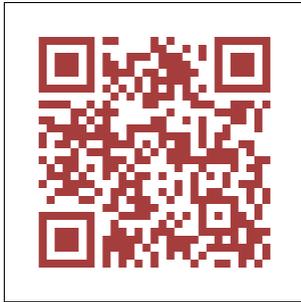
MCTC



LIBRARY



CHAMBER OF COMMERCE



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.

HC EXTENSION



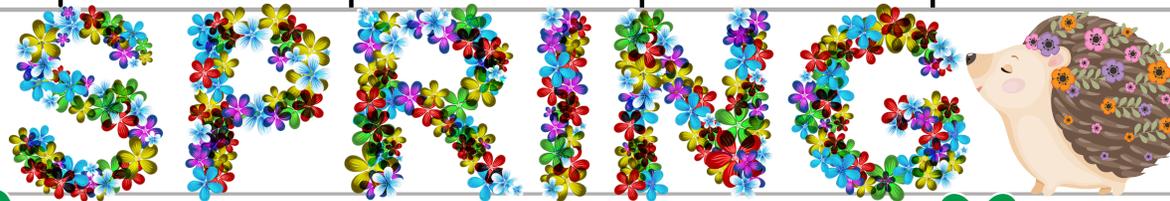
How to File a Complaint

• The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

4-H Club Meetings

MAY 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--------|---|
| Clubs that require Registering **Cloverbud Cooking** Call the office 859-234-5510 | 1. 4-H Livestock Judging 3:30-4:30 pm | 2. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors | 3. 4-H Teen Council 3:30-4:30 pm | 4. Horse Club 3:30-4:30 pm | 5. | 6. 4-H Knitting 10 am-12 pm 4-H Basket Making class 9am-12pm |
| 7. | 8. 4-H Poultry Club 5-7 pm 4-H Livestock Judging 3:30-4:30 pm Cloverbud Cooking 3:30-4:30 pm | 9. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors Photography @Boyd Station Gallery 4-5 pm | 10. | 11. Dog Club 6-7 pm @Ext. office No dogs | 12. | 13. 4-H Knitting 10 am-12 pm |
| 14. | 15. 4-H Livestock Judging 3:30-4:30 pm | 16. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors | 17. 4-H Horticulture club 3:30-4:30 pm | 18. Rabbit club- 5-7 pm | 19. | 20. 4-H Knitting 10 am-12 pm |
| 21. | 22. 4-H Livestock Judging 3:30-4:30 pm | 23. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors Photography @Boyd Station Gallery 4-5 pm | 24. | 25. | 26. | 27. 4-H Knitting 10 am-12 pm |
| 28. | 29. 4-H Livestock Judging 3:30-4:30 pm | 30. 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors | 31. | | | |



"To Make the Best Better"

