

# 4-H HAPPENINGS

October 2023



“My name is Delaney Koch. I am a 7th grader at Harrison County Middle School. I am involved in 4-H, FFA, and Beta Club. In 4-H, I am currently serving as the Teen Council Jr. President. In this position, I help get the word out regarding 4-H news by giving presentations and speaking on the radio. In my free time I like to play soccer or work on the farm. My main goal for 4-H is to spread the word about the clubs. I am super excited about this year!”

## 4-H Art Club

4-H Art Club is doing a fall project on October 26th from 3:30-4:30 at the Extension Office. To sign up click the link: <https://www.signupgenius.com/go/30E0B4DACA72BA4F49-44533656-4hart> or scan the QR code



**Congratulations to all those who participated in the State Fair!!**



Any Questions? Contact us!

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### 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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*Spring*  
Friday, April 7th  
Depart Extension Office @10am or meet at trail @10:30am

*Summer*  
Friday, July 14th  
Depart Extension Office @10am or meet at trail @10:30am

# TIS THE SEASON FOR A HIKE!

Join us as we hike the seasons @  
**Quiet Trails Nature Preserve**  
 Call to sign-up 859-234-5510

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

*Fall*  
Friday, October 13th  
Depart Extension Office @10am or meet at trail @10:30am

*Winter*  
Friday, December 29th  
Depart Extension Office @10am or meet at trail @10:30am

## Harvest Hustle FCS 5K Walk/Run

### SATURDAY, Nov 4, 2023 @10am



**Entry Fee — individual:**  
 Early-Bird (Before Oct 13): \$15.00  
 From Oct 13 up to Race Day: \$20.00

**Entry Fee — team of 5 or more:**  
 Early-Bird (Before Oct 13): \$10.00/person  
 From Oct 13 up to Race Day: \$15/person

**Age Divisions**

Age	♂	♀	Age	♂	♀
< 5	A	B	35-44	M	N
6-9	C	D	45-49	O	P
10-13	E	F	50-54	Q	R
14-18	G	H	55-59	S	T
19-25	I	J	60-64	U	V
26-34	K	L	65-70	W	X
			71+	Y	Z

**Your Age Division:** \_\_\_\_\_ **Team Name:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Photo Release:**  Yes  No

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**T-Shirt Size (Circle One):** YS YM YL YXL AS AM AL XL XXL (actual t-shirt design may vary)

I do hereby release Harrison County Family & Consumer Sciences, the University of Kentucky, and its members, trustees, officers, employees, independent contractors, volunteers and extension staff from any and all liability, damages, cost and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property damage that may occur as a result of participating in the 5K run. Runners must be careful to register and run under their proper name, sex and age division to avoid disqualification. I also release publication rights to photographs of me shot during the 5K run for purposes of publicity for this and future Harrison County Cooperative Extension events. I also understand, the use of headphones is discouraged.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Under 18: Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Awards**

- 1st, 2nd, 3rd overall female and male
- 1st, 2nd, 3rd place in each age division
- Youngest & Oldest Participant
- Largest Team (min of 5 per team)
- Refreshments

Pre-registered racers will receive a race t-shirt. Race day registrants will receive a t-shirt while supplies last.  
**\*For questions, call 859-234-5510**



Shirt pictured is last year's design. New logo is being created for 2023 Harvest Hustle 5K.

**For Office Use Only:**

Date: \_\_\_\_\_

Paid in full:  Yes

Check #: \_\_\_\_\_

Amount: \_\_\_\_\_



CUT ALONG LINE TO KEEP IMPORTANT INFO BELOW.

**Things to Remember: Sat, Nov 4, 2023**

**Check-In:** 9:00 AM **Race Time:** 10:00 AM  
**Location:** Flat Run Veterans Park  
 364 Oddville Avenue  
 Cynthiana, KY 41031  
 \*Register at Lions Club Pavilion by playground  
**Parking:** Use playground parking lot  
**Course:** Pavement, with flat terrain and some hills



**Registration & Payment to:**

Harrison County District Board  
 Attn: 5K  
 668 New Lair Rd  
 Cynthiana, KY 41031

**\*\*Please have exact cash or check\*\***

**Checks Payable to:**

Harrison County District Board

KENTUCKY SAVES

# 2024 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



## PIGGY BANK DESIGN CONTEST

### due November 1st to the Extension Office!

Create your own piggy bank and enter county contest. Local winners advance for a chance to have bank displayed at the Capitol in Frankfort!!!

1. Design can be no bigger than 12 in x 12 in x 12 in (1 square foot)
2. Banks must be able to hold coins (include slot that has been cutout).
3. Banks must be created and decorated by youth participant.
4. Plastic or ceramic piggy banks may be used, but must be personally decorated.
5. Banks DO NOT have to be in the shape of a pig.
6. You may repurpose other containers.



**AGES 9-18**  
**JOIN US ON:**  
**OCT 2 & 23**  
**FROM**  
**3:30-4:30**

**For more information:**  
contact the Harrison Co.  
Extension Office at  
859-234-5510 or  
shannon.farrell@uky.edu



**Goals**

- Develop a business plan
- Learn marketing techniques
- Take out a micro-loan
- Practice customer service
- Offer goods/services
- Set up at vendor opportunities
- Profit with your business

**Chamber/4-H  
Young  
Entrepreneurs**



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**Harrison County Extension Office**

**TRUNK OR TREAT**

*Monday,*  
**30th OF  
OCTOBER**

**6:00pm to 8:00pm**  
Trick or Treating  
rain or shine!



**Harrison County Extension Office**

668 New Lair Road | Cynthiana, KY  
If you would like to set up with a decorated car trunk  
or truck bed, please contact the Extension Office; 859-234-5510

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**YOUTH  
HEALTH BULLETIN**

Cooperative  
Extension Service



**OCTOBER 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

**THIS MONTH'S TOPIC:**

**WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?**



**I**t is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sport's physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

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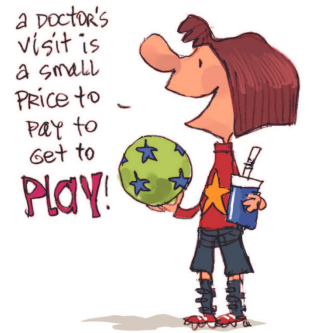
→ Continued from the previous page

with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

**Your medical history includes questions about:**

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that

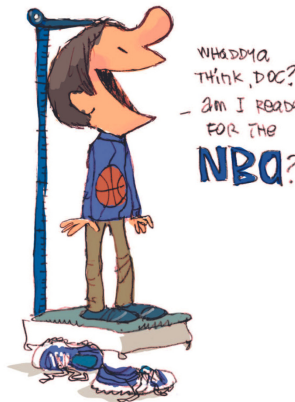


you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

**REFERENCE:**  
<https://kidshealth.org/en/kids/sports-physicals.html#cat1>





# 4-H Club Meetings

## OCOTBOER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 4-H Entrepreneur 3:30 -4:30pm 4-H Poultry Club 5 - 7 pm	3 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	4 4-H Teen Council 3:30 - 4:30 pm	5 4-H Horse Club 3:30 - 4:30 pm	6 Jr. Homemaker Club 3:30 - 5:00pm	7 4-H Knitting 10 am - noon
8	9	10 NO Skillathon  Beekeeping 6 - 8 pm	11	12 4-H Embroidery 3:30 - 5:30pm	13	14 4-H Knitting 10 am - noon
15	16 4-H Advanced Cooking Club 3:30 - 4:45 pm	17 4-H Skillathon 3:30-5:30 all members Skillathon Parent Meeting @ 5pm	18 Cloverbud 3:30 - 4:30 pm 4-H Horticulture 3:30 - 4:30pm	19 4-H Rabbit Club 5 - 7 pm	20	21 4-H Knitting 10 am - noon
22	23 4-H Entrepreneur 3:30 -4:30pm	24 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	25	26 4-H Art Club 3:30 - 4:30pm 4-H Dog Club 6 - 7 pm	27	28 4-H Knitting 10 am - noon
29	30 Cloverbud Cooking 3:30 - 4:30pm 4-H Social Media Club 3:30 - 5:00pm  Trunk or Treat 6 - 8pm @ Extension Office	31 4-H Skillathon 3:30-4:30 juniors 4:30-5:30 seniors	Clubs that require Registering *The Friday before the meeting*  **Cloverbud Cooking & **Beginning & Advanced Cooking Registration: Call the office 859-234-5510			