



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

**Cooperative Extension Service**  
Greenup County  
35 Wurtland Avenue  
Wurtland, KY 41144  
(606) 836-0201  
Fax: (606) 836-0235  
extension.ca.uky.edu

# Greenup County 4-H News



## January/ February 2023

### Reminders

Enrollment forms **MUST** be turned in by January 9th for youth to be able to participate in the Fair (show and sell)



**For More  
Information**

Call- (606)836-0201

Email- [presley.adkins@uky.edu](mailto:presley.adkins@uky.edu)

**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.



Happy New Year  
Meet and Greet



# 4-H Ukulele Club Cookie Party!

Saturday, January 14th 9-11AM

Stop in the Extension Office, meet the  
4-H and Arts Agents, enjoy a cookie,  
play a ukulele, get your own cookie cookbook,  
and learn about how to join the Ukulele Club!  
Ages 5-18 are welcome.



MEET &  
GREET



Questions? Call the Extension Office 606-836-0201

35 Wurtland Avenue, Wurtland, KY 41144

This is a “drop in” event. All ukulele skill levels are welcome!



University of Kentucky  
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Community Arts

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An illustration of a cow's head in profile, facing right. The cow has a white face with brown patches around its eyes and on its ears. It has small yellow horns. To the left of the cow is a stylized green tree with a brown trunk. The background is light blue, and there is a green grassy area at the bottom.

# YOUTH LIVESTOCK TRAINING

SATURDAY, JANUARY 21ST  
GREENUP COUNTY  
EXTENSION OFFICE  
9AM - NOON



# WEIGH-IN DATES

March 18th, 2023

Market Beef  
8 - 10 AM  
Fairgrounds

June 24th, 2023

Feeder Calf  
8 - 10 AM  
Fairgrounds

TBA

Feeder Pig  
Fairgrounds

May 13th, 2023

Hog, Goat & Lamb  
8 - 11 AM  
Fairgrounds

July 20th, 2023

Rabbits  
6 - 8 PM  
Extension Office



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# 2023 KENTUCKY 4-H LEADERSHIP BOOT CAMP



**FEBRUARY 2 & 3, 2023**  
**LAKE CUMBERLAND 4-H CAMP**



# SAVE THE DATE

## 03.14.2023

### Kentucky 4-H Capitol Experience

*Sponsored by:*



**KENTUCKY**  
4-H FOUNDATION



**Kentucky  
Association of  
Extension  
4-H Agents**

More info  
available  
January  
2023

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# 4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE



# MARCH 16-18



# Save the Date 4-H Camp 2023 August 1-4



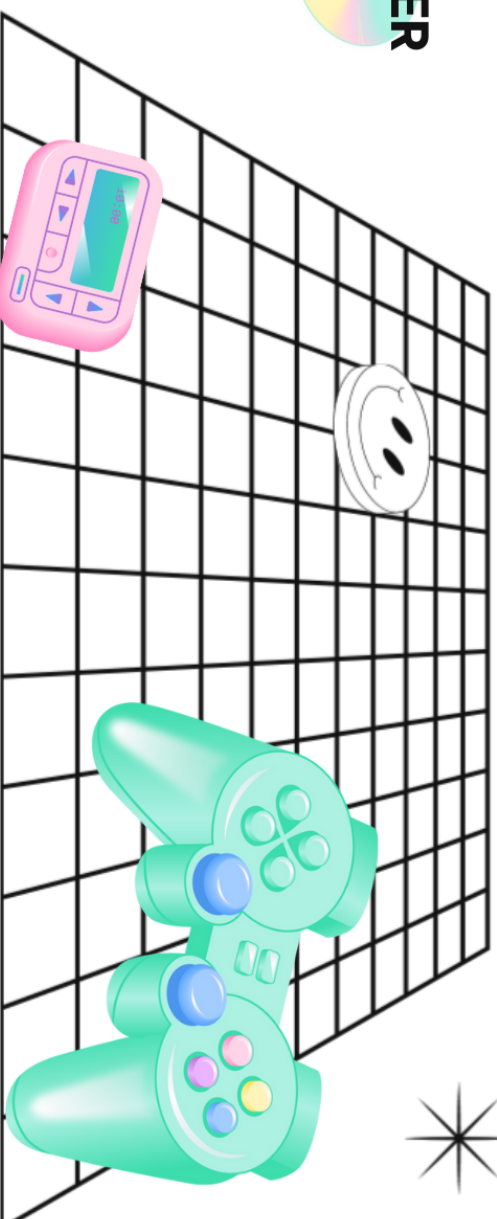
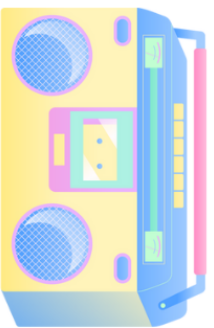
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**BOYD-BATH-GREENUP-CARTER  
TIME WARP**



**Open to youth ages 9 and up**



Contact Presley Adkins-Grubb, Agent for 4-H Youth Development for more information.

(606)836-0201 or [presley.adkins@uky.edu](mailto:presley.adkins@uky.edu)

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# YOUTH

# HEALTH BULLETIN



**JANUARY 2023**

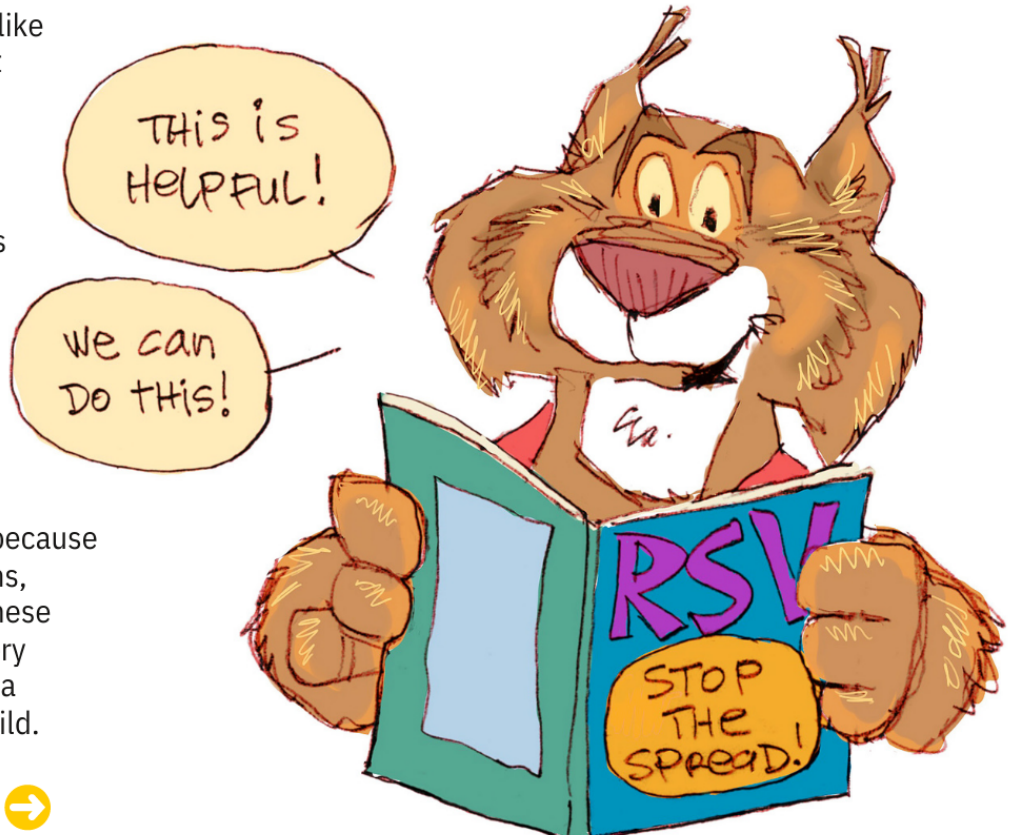
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

**THIS MONTH'S TOPIC:**

## RSV: MORE THAN JUST A COLD

RSV is a virus that can be just like a common cold for older kids but can be dangerous for babies and small children. You've probably had RSV sometime in your life. Most people catch it at least once by the time they are 2 years old. Many children get better and don't get very sick. But babies, young children, and people who have other health complications can get very sick with RSV.

Kids in school catch and pass germs like viruses often. That's because they share spaces like classrooms, bathrooms, and school buses. These germs don't usually make you very sick, but you could pass them to a younger sibling or other small child.



**Continued on the next page** ➔



# Cover your nose and mouth if you sneeze. You should use a tissue and throw it away after.

➔ Continued from the previous page

If you have RSV, you might feel bad and have these symptoms:

- Fever
- Cough and/or wheezing
- Stuffy nose
- Runny nose
- Sneezing
- Headache

If you feel bad like this, tell your parent or other adult. Try not to spread your germs to others. Here are some ways you can stop the spread of germs:

- **Stay away:** Do not get close to babies or small children. Do not play with their toys or use their blankets.
- **Wash your hands:** After using the bathroom, every time you sneeze or wipe your nose, and before touching food, scrub your hands with warm water and soap for at least 20 seconds.
- **Do not share:** Keep food, drinks, or anything that touches your mouth or nose to yourself.



- **Cover your nose and mouth if you sneeze:** You should use a tissue and throw it away after.
- **Cough into your elbow:** Don't use your hands to catch germs. Using your elbow will not send them into the air.
- **Stay home from school:** If you have a fever higher than 100.4, stay home.
- **Go to the doctor:** If you feel worse or stay sick for more than two days, see a doctor.

We all get sick from time to time. But you can make good choices to help slow the spread of dangerous germs to babies and small children. As they get older, just like you, their bodies will get stronger. Then they will be able to fight off viruses like RSV.

#### REFERENCE:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx>

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)





## HEART-SHAPED FRUIT WANDS

### INGREDIENTS

- 1 Strawberry
- 10 Blueberries and/or raspberries

### DIRECTIONS

1. Cut a “V” in the top of the strawberry, removing the core and forming a heart-shape.
2. Skewer the blueberries on a kabob-stick, top each the wand with the heart-shaped strawberry.



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 wand (41g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 52mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Source:** Jeannie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

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35 Wurtland Avenue  
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Sincerely,

A handwritten signature in cursive script that reads "Presley Adkins Grubb".

Presley Adkins-Grubb,  
Greenup County  
Extension Agent for  
4-H & Youth  
Development

**PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT**

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