



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



4-H Youth Development
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

May/June 2023

HELLO
SUMMER!



Reminder

- Teen Conference registration is available now!
- Hog, goat and lamb weigh-in is May 13th from 8-11AM
- Feeder calf weigh-in is June 24th from 8-10 AM



**For More
Information**

Call- (606)836-0201

Email- 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.



4-H Ukulele Club

WHERE Greenup Extension Office
35 Wurtland Avenue, Wurtland

WHEN The first Monday of each month
Beginning February 6th, 2023
Arrival 5-5:30, Meeting 5:30-6:30PM

Contact the office for more info!
606-836-0201



If you are interested, you can still enroll in the Ukulele Club!



4-H Camp Applications are available now!



Contact Presley Adkins-Grubb, Agent for 4-H Youth Development for more information. (606)836-0201 or presley.adkins@uky.edu

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An illustration of a brown and white cow's head with yellow horns, looking towards the right. To the left of the cow is a stylized green tree with a brown trunk. The background is a light blue gradient.

LIVESTOCK SKILL-A-THON CONTEST

MONDAY, MAY 8TH
GREENUP COUNTY
EXTENSION OFFICE
CONTEST STARTS AT 4 PM
MUST ARRIVE BY 6 PM

REGISTRATION IS REQUIRED

A horizontal strip of green grass with individual blades, located at the bottom of the page.

KENTUCKY 4-H TEEN CONFERENCE

JUNE 13-16
2023
AT UNIVERSITY
OF
KENTUCKY



#CELEBRATEKY4H

EDUCATIONAL
MAJORS
&
LEADERSHIP
MINORS

COMMUNITY
SERVICE

- CLOVERFEST
- DANCE
- FASHION REVIEW
- PERFORMING
ARTS SHOWCASE



OFFICE USE ONLY	
DATE RECEIVED:	_____
AMOUNT PAID :	_____
<input type="checkbox"/> CASH	<input type="checkbox"/> CHECK #

2023 MARKET CHICKS ORDER FORM And GAME & FANCY CHICKEN REGISTRATION

PLEASE PRINT NEATLY

Name of 4-H/FFA Member _____

Address _____

_____ Phone: _____

4-H/FFA Club Name _____

=====

I want to order **six (6)** market chicks for the Greenup County 4-H/FFA Market Chicken Project. I understand that there will be a cost of **\$24.00** for the project.

Enclosed is a check # _____, cash _____, or money order _____ for \$24.00.

Make checks payable to: **YOUTH LIVESTOCK COMMITTEE.**

Tentative: Pick up date will be Thursday, July 6 from 9:00 a.m. to 10:30 a.m.

TO BE ELIGIBLE FOR THE PROJECT:

1. A separate form must be completed by EACH individual taking the project.
2. Money must accompany your order and must be received by **May 19.**
3. This form must be returned to Cooperative Extension Service,
 35 Wurtland Avenue, Wurtland, KY 41144, Attention: 4-H Poultry Order.
4. Phone-in orders will not be accepted.

Member's Signature _____

Parent's Signature _____

I plan to show Game and/or Fancy Chickens at this year's County Fair.

Member's Signature _____

Sincerely,



Presley A Grubb, Agent for
 4-H Youth Development

Z:\CTYFILE\CTYFILE\EVENTS\4H\2023 County Fair\Chick Orders Form 2023.docx



FISHING DERBY



University of Kentucky
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**SPONSORED BY GREENUP COUNTY 4-H
AND GREENBO LAKE STATE PARK
SATURDAY, JULY 22ND**

GREENBO LAKE STATE PARK BOAT RAMP AREA

*****NO FISHING FROM BOATS*****

8:00 AM- REGISTRATION

8:30 AM- FISHING

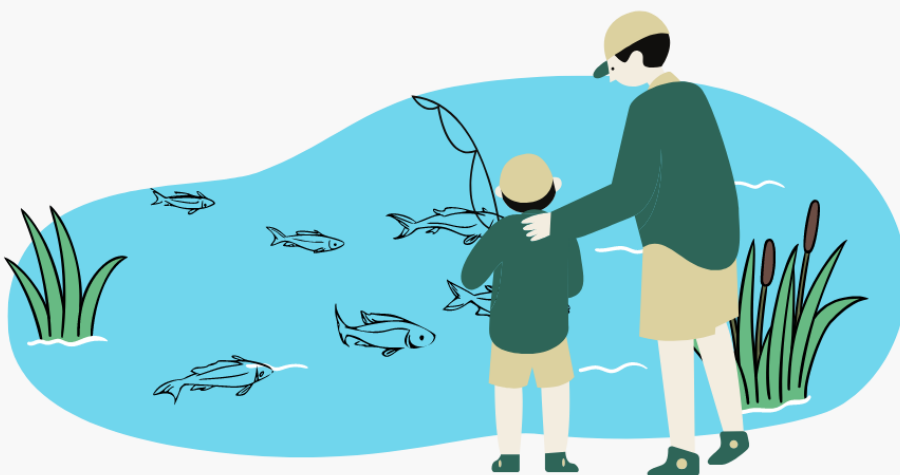
11:30 AM- CASTING CONTEST & WEIGH FISH

12:30 PM- LUNCH & PRIZE PRESENTATION

CONTESTS INCLUDE:

**CASTING CONTEST, SINGLE BIGGEST FISH BY WEIGHT,
MOST WEIGHT OVERALL (TOTAL OF ALL CAUGHT),
LONGEST FISH**

LUNCH WILL BE PROVIDED AND PRIZES AWARDED!



AGE CATEGORIES:

8 & UNDER

AGES 9-10

AGES 11-13

AGES 14-18

**CONTACT PRESLEY ADKINS-GRUBB FOR MORE INFORMATION AT (606) 836-0201 OR
PRESLEY.ADKINS@UKY.EDU**

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Greenup Co. 4-H Shirt Sale



100%

Benefits the Harold Rice Memorial Endowment Fund

**Can be purchased in-person at the
Greenup Co Extension Office & Greenup Co Farm Bureau Greenup Office**



SUPER SOFT!



\$20

\$25 - limited quantity

Available in youth and adult sizes

**Credit Card payment can be made by
following this QR code and donating
directly to the endowment.**

**Checks should be made to:
Greenup County 4-H**





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

YOUTH

HEALTH BULLETIN



MAY 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>

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Wurtland, KY
41144
(606) 836-0201

THIS MONTH'S TOPIC:

MENTAL HEALTH MATTERS!

a **GOOD TALK** always makes me **FEEL BETTER!**



The first week in May is Children's Mental Health Awareness Week in the United States. What is mental health? You may have heard these words before and wondered what they meant. Mental health is how your brain turns your thoughts into feelings and actions.

As you grow, you experience many new things. Sometimes, those things are great, wonderful, and exciting! Other times, they can be scary, worrisome, or upsetting. All people have emotions. No emotion is bad or wrong to feel. However, we have to learn how to deal with our emotions. We have to learn how to express our feelings in a way that helps us feel better without hurting someone else. How we process our emotions is part of our mental health.

Continued on the next page →



Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!

→ Continued from the previous page

Can you think of a time when you had BIG feelings, and were not sure how to handle them? Most people end up in a similar situation at some point. There are things you can do when you have big feelings to help you feel better.

Label your feelings

When you start to feel too much all at once, try to stop and think about all of the ways you feel. Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!



Identify a cause

Next think about why you feel that way. Was there a reason you started to feel a certain emotion? Try to connect a reason to each of the emotions you feel. It is OK if you can't. Sometimes our brains send confusing messages, and you may need help to figure out why you feel a certain way.



SHEESH...
WHAT A DAY
I've HAD.
can we
TALK?

Talk about your feelings

A lot of times, telling someone about how we feel and why can help us to feel better. Grown-ups such as your parents, teacher, caregivers, or coaches can be a great resource to talk to about your feelings. If you are having a hard time figuring out how you feel or knowing how to deal with difficult feelings, your doctor might be able to help. Just like other parts of your body, they are trained to help your brain feel better, too!

How you think, feel, and act are all important parts of your mental health! Just like you are learning how to identify and respond to your feelings, so are your friends, siblings, and classmates. You can be a help to others when they are having a difficult time with their feelings by being kind, understanding that everyone has hard days, and pointing them to a grown-up who can help, if needed.

REFERENCE:

<https://kidshealth.org/en/kids/talk-feelings.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)



EAT SMART TO PLAY HARD



KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

GRILLED VEGGIE BUNDLES

INGREDIENTS

- 1 cup assorted raw vegetables
- ½ teaspoon olive oil
- Dash salt
- Dash pepper
- Dash garlic powder or salt-free seasoning mix

DIRECTIONS

1. Cut vegetables into bite sized pieces. For this recipe choose quick cooking vegetables such as bell pepper strips, sliced summer squash and zucchini, sliced mushrooms, asparagus spears, etc.
2. Tear off a large square of aluminum foil. Place vegetables into the center of the foil, drizzle with oil, and add salt, pepper and garlic powder.
3. Fold the edges of the foil together to create a bundle. Lightly shake to mix oil and seasoning with vegetables.
4. Place the veggie bundle on a hot covered grill and cook for 15 minutes or until vegetables are crisp-tender. Turn once during grilling.



Note: Bundles can also be baked in a 400° oven for 15 minutes—place on a baking sheet to catch any drippings. If you are grilling several packets, use a permanent marker on the outside of the packet to write names and identify to whom it belongs.

Nutrition Facts	
1 servings per container	
Serving size	1 cup (120g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 308mg	6%

*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.

Source: Martha Yount, Regional Extension Specialist, University of Kentucky Cooperative Extension Service

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Wurtland, KY 41144

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

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).