

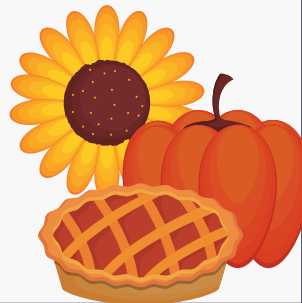
# Greenup County 4-H News

November/December  
2023

Happy  
Holidays

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

**Reminder-**  
**Livestock enrollment forms**  
**are due no later than**  
**January 8th!**



**For More  
Information**

Call- (606)836-0201

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

**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**

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# KENTUCKY COOPERATIVE EXTENSION



## HOW CAN WE **serve you??**

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit [go.uky.edu/serveKY](http://go.uky.edu/serveKY)

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.



# Holiday Paint Party



**Tuesday, November 7th**

**from 6-8pm - \$30**

**All supplies provided! Your choice of either  
template!**



**Call (606) 836-0201 to register by Nov. 3rd  
Fundraiser for 4-H Camp Scholarship Fund  
Payment required by Nov 3rd at Extension Office**

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# *Holiday* **Food Drive**

**A partnership between Greenup County 4-H  
and Greenup County Farm Bureau**



**Join us helping our  
community in need!**

**Items needed:**

**Stuffing Mix, Canned Vegetables,  
Instant Potatoes, Cranberry Sauce,  
Gravy, Can Openers, Paper Towels**

**Beginning Now-  
November 17th**

**Drop-off location:  
Greenup County Extension  
Office  
Open 8:00am to 4:30pm**



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accommodated  
with prior notification.





# THERE'S NO PLACE LIKE 4-H!



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



## Area Teen Retreat at North Central 4-H Camp

November 28th-29th ---- \$50 registration fee

Open to youth in 8th-12th grades



### Cooperative Extension Service

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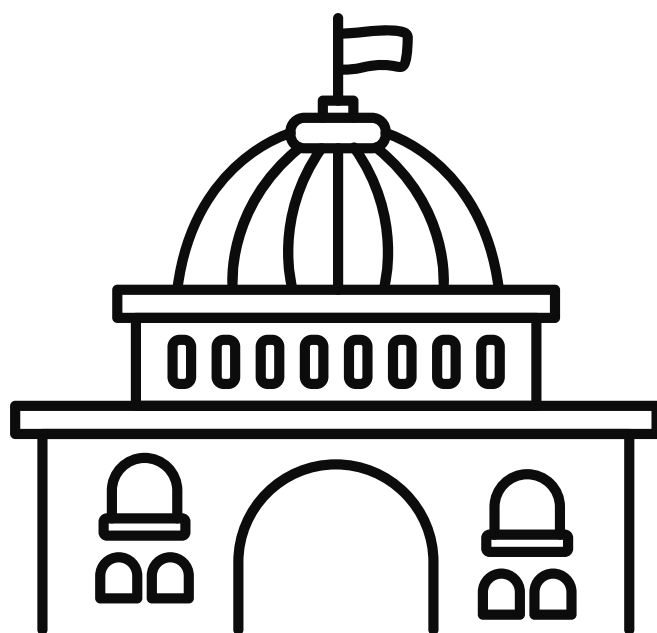
Disabilities  
accommodated  
with prior notification.

**Interested in applying  
for the State 4-H  
Achievement Program?  
Call the Extension Office  
for an application and assistance!**



**Achievement applications is due to the  
Extension Office no later than December 6th  
at 4:00pm.**

**Save the Date!  
4-H Capital  
Experience  
March 6th, 2024**





# 4-H Country Ham Project

- Deadline to order is December 13th, 2023

- 4-H members will receive 2 hams to cure and they will learn how to cure them.

- 2 hams will be \$70
- Cloverbuds and Adults can participate with 1 ham- \$50

- All participants will need to plan to be at the Extension Office on Martin Luther King Jr. Day for curing.
- All hams must be paid when you sign up for the project

- Youth are required to give a 3-5 minute presentation at the KY State Fair.



KENTUCKY SAVES  
**2024**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**WHAT:** The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

**WHY:** To creatively celebrate Kentucky Saves Week.

**WHO:** School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**WHEN:** The contest begins on: **10/20/23** and ends on: **01/12/24**

**HOW:** Participants submit an original piggy bank and entry form.

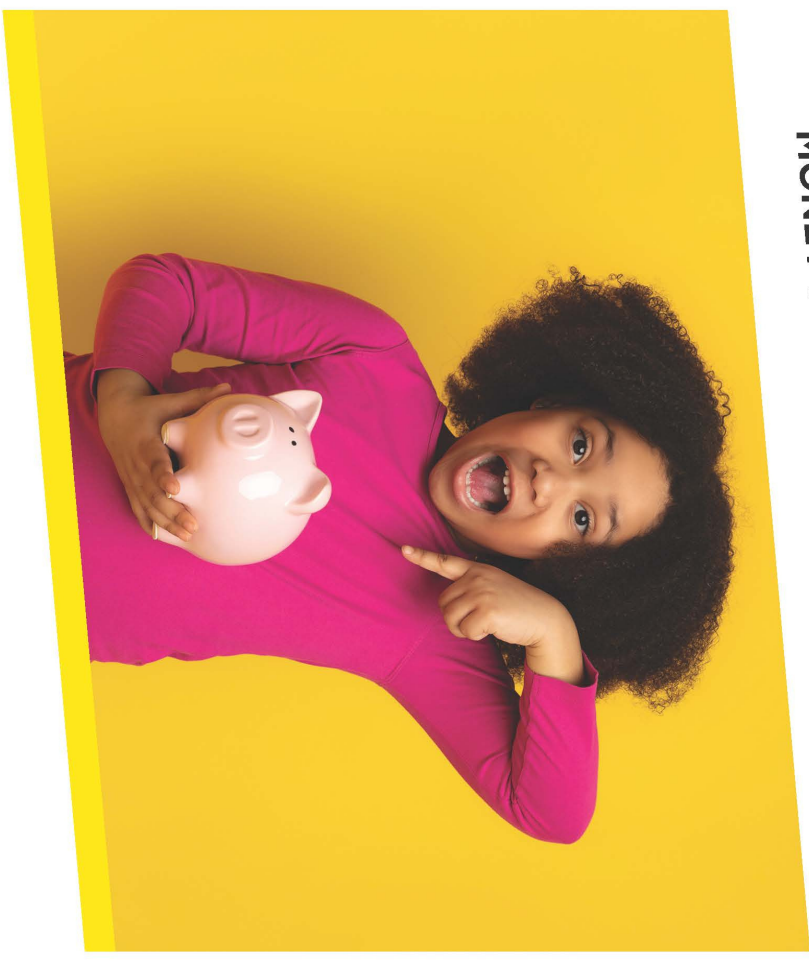
**RECOGNITION:** Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

**Kentucky Saves Week:**  
April 8-12, 2024  
**Kentucky Saves:**  
[www.kentuckysaves.org](http://www.kentuckysaves.org)  
**MoneyWise:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

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Cooperative Extension Office  
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(606) 836-0201

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KENTUCKY SAVES  
**2024**  
**PIGGY BANK**  
**DESIGN CONTEST**  
MONEY SAVED IS A FUTURE EARNED



**MONEYWISE**  
VALUING PEOPLE. VALUING MONEY.

**UK** Cooperative  
Extension Service



# 2024 Piggy Bank Design Contest Official Rules

**ADMINISTRATOR:** University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

**CONTEST DESCRIPTION:** Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

**ELIGIBILITY:** Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

**HOW TO ENTER:** To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **01/12/24**
3. Winning Entries at the area level must be selected by February 8, 2024.

**CONTEST TIMING:**

Submit Entry by deadline. Must be submitted by: **01/12/24**  
to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

**ENTRY REQUIREMENTS:** Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

**JUDGING CRITERIA/WINNER SELECTION**

**AND VERIFICATION:** Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by: **02/02/24**

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entry; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.



## 2024 Piggy Bank Design Contest Entry Form

**Directions:** Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

**Participant's Name:** \_\_\_\_\_

**County:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Piggy Bank Name/Description:** \_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

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

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **County:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parent Phone:** \_\_\_\_\_

**To be filled out by the Extension Agent accepting the entry:**

**County:** \_\_\_\_\_ **Extension Area:** \_\_\_\_\_

**Agent Name:** \_\_\_\_\_ **Circle One:** FCS 4-H Other



# 4-H CAMP JULY 1-5, 2024

## Under the Big Top at North Central 4-H Camp



**More Info :**

**Contact Greenup County Extension Office @ 606-836-0201 or  
Presley Grubb, Greenup County 4-H Agent @ [presley.grubb@uky.edu](mailto:presley.grubb@uky.edu)**

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# YOUTH HEALTH BULLETIN



**NOVEMBER 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>

Greenup County Extension Office  
 35 Wurtland Ave  
 Wurtland, KY 41144  
 (606) 836-0201

## THIS MONTH'S TOPIC: AN ATTITUDE OF GRATITUDE

**Y**ou may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate



**Continued on the next page** ➔



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# Each day, pay attention to things that make you happy, and that you are glad to have in your life.

## → Continued from the previous page

the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.
- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

### REFERENCE:

<https://kidshealth.org/en/teens/gratitude.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)





# Fiesta Snack Mix

Servings: 8 Serving Size: 1/2 cup



## Ingredients:

- 1 cup cornflake cereal with freeze-dried berries
- 1 cup chex-type bran cereal
- 1 cup O type cereal
- ¼ cup raisins
- ¼ cup peanuts or shelled sunflower seeds
- ¼ cup shredded coconut
- Milk (optional)

## Directions:

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts and coconut. Mix well.
3. Eat dry or with milk.

**Source:** LEAP...for Health: United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder.

NUTRITION FACTS PER SERVING: 110 calories; 3.5g fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 95mg sodium; 18g carbohydrate; 1g fiber; 7g sugar; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 30% Daily Value of Iron; 2% Daily Value of potassium.



Greenup County Extension Service  
35 Wurtland Avenue  
Wurtland, KY 41144

Sincerely,

A handwritten signature in dark ink that reads 'Presley Grubb'. The signature is written in a cursive style with a loop at the end of the last name.

Presley 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).