

Greenup County 4-H News

July/August 2024



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

Cooperative Extension Service

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



Reminder-

Breeding animal
registration is due to
the Extension Office no
later than July 29th!

Happy
INDEPENDENCE
Day!

For More Information

Call- (606)836-0201

Email- 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

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Disabilities
accommodated
with prior notification.



July

- July 1-5- 4-H Camp at North Central
- July 13th- Fishing Derby at Greenbo
- July 18- Rabbit Weigh-in at Extension Office- 5-7pm
- July 20- Feeder pig/roaster weigh-in- 8-11 am
- July 24- Area Tractor Driving Contest at Elliott County
- July 27- Farm to Table at Imel's Greenhouse
- July 30- Fair Project Day at Extension Office

August

- Aug 5-10- KY 4-H State Horse Show
- Aug 15-25- Kentucky State Fair
- Aug 25- Final weigh-in for County Fair
- Aug 26- Breeding Show and Livestock Judging at County Fair
- Aug 27- AM Beef Show & Showmanship, PM Chicken/Rabbit Show & Showmanship
- Aug 28- AM- Feeder Pig, Roaster and Market Hog Show and Showmanship
- Aug- 29- AM- Lamb & Goat Show & Showmanship, Afternoon- Round Robin Showmanship
- Aug 30- AM-Special Needs Day
- Aug 31- 9:00 AM Livestock Auction
- Sept 1- Animal Load out and clean-up

FISHING DERBY

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

**SPONSORED BY GREENUP COUNTY 4-H
AND GREENBO LAKE STATE PARK
SATURDAY, JULY 13TH**

**FREE!
JUST BRING
A FISHING
POLE & BAIT!**

GREENBO LAKE STATE PARK BOAT RAMP AREA

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

8:00 AM- REGISTRATION

8:30 AM- FISHING

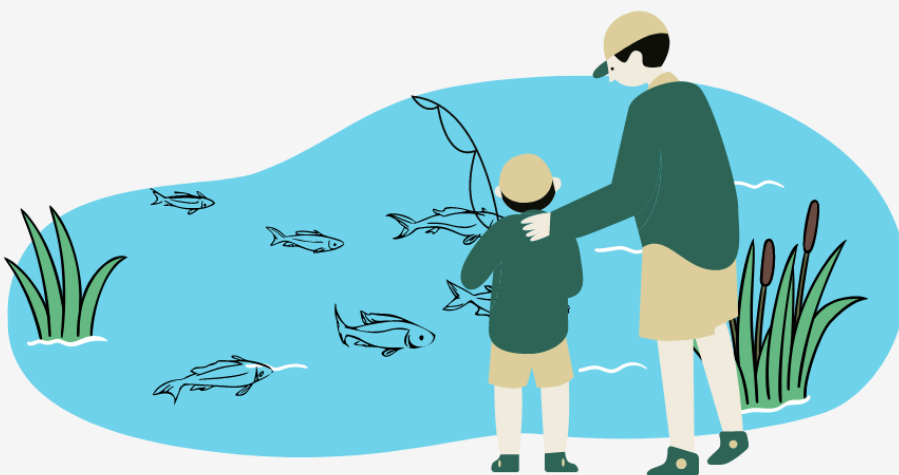
11:30 AM- CASTING CONTEST & WEIGH FISH

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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Area Tractor Driving Contest



Elliott County Extension Office
Wednesday, July 24th
Call the office to register by July 19th.
606-836-0201

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WEIGH-IN DATES

Market
Beef

March 16th
8-10am
Fairgrounds

Lamb, Goat
& Hog

May 11th
8-11am

Feeder Calf

June 29th
8-10am

Rabbits

July 18th
5-7pm
Ext. Office

Feeder Pigs/ Roasters

July 20th
8-10am

****** There will
be NO health
papers clinic at
this weigh-in**

4-H UKULELE CLUB



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



Meets at the Greenup County
Extension Office
All ages welcome!



2nd Tuesday of the month
Arrival 5-5:30pm
Meeting 5:30-6:30 pm

Call 606-
836-0201
for more
information!

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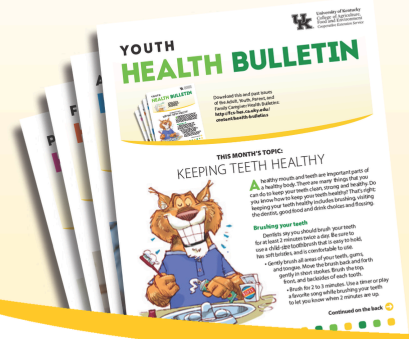
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YOUTH

HEALTH BULLETIN



JULY 2024

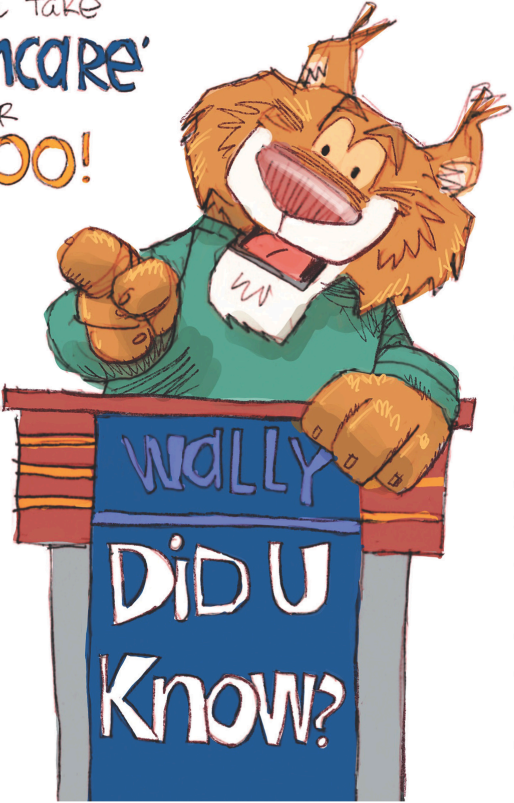
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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Wurtland, KY 41144
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THIS MONTH'S TOPIC

THE BUZZ ABOUT SKINCARE

I'll take 'SKINCARE' FOR \$500!



What is the biggest organ in your body? You may be surprised to learn that it is your skin! That's right — the cells that cover your body make up your largest organ. There are many amazing facts about your skin and lots of ways to care for it. You may have heard or seen videos or commercials advertising skincare products lately. Maybe your friends have been talking about starting a skincare routine or using a special soap or lotion like they have seen on TV or social media videos.

It IS important to take care of your skin. And making good choices about what kinds of things you use on your skin is important, too! Before you start using a good smelling soap or mixing up a lotion potion of your own, let's talk about skincare safety.

As a kid, you probably don't have wrinkles, sagging skin, or age spots (dark spots that can come up on your skin after lots of time in the sun). Many of the skin products that you may have heard about,

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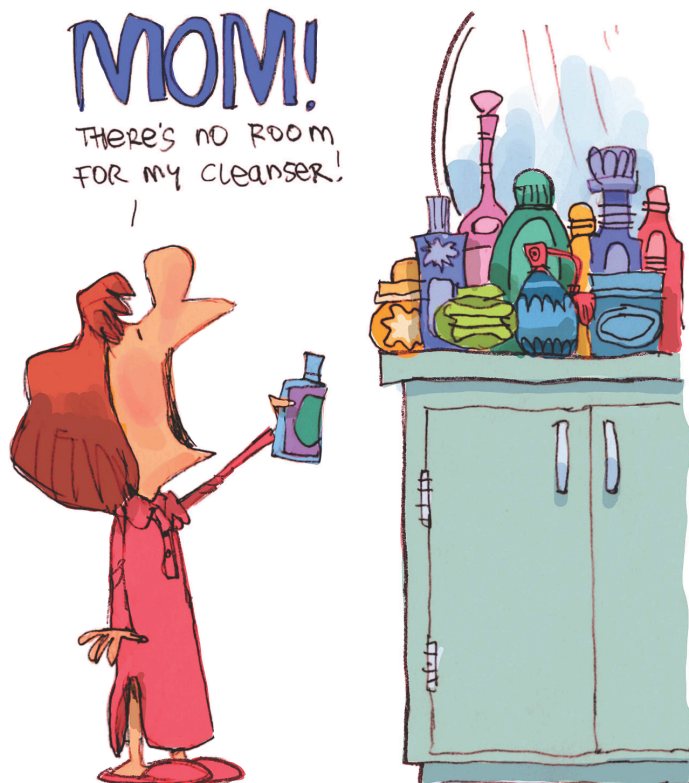


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you probably don't need. The companies that make those products would love for you to buy them because they get more money! But they will not help your skin. What is worse, those products might even hurt your skin. Some products dry your skin out. If your skin does not need to be dried out, it could make your skin itch or get a rash. Other products add oil to your skin. If your skin does not need more oil, it could cause you to have acne or pimples (bumps on your skin that can get infected).

So, what kind of skincare products do you need? There are a few things that could help keep your skin healthy and feeling good. Before you try any of these things, talk to your parent or another grown-up. They can help you pick out a product that is right for you.

- **Sunscreen:** Protecting your skin from the sun is the best way to prevent sunburns, sunspots, and wrinkles in the first place. There are some special kinds of sunscreen that can make it easier to put on your face, like a stick to rub on, or small brush to wipe sunscreen onto your face. Look for sunscreen that has at least SPF 30.
- **Gentle cleanser:** It is important to wash your face every day. While we use soap on the rest of our bodies, there are specific cleaners



FISH
ARE LUCKY.
YOU DON'T
NEED ANY
SUNSCREEN.



made for faces that are gentle. Use warm water to wet your face, rub the cleanser on in small circles, and always rinse well.

- **Moisturizer:** Like lotion for the rest of your body, moisturizer helps keep the skin on your face from getting too dry or itchy. Unlike lotion that we use on the rest of our body, face moisturizer is not oily. Some people do not need face moisturizer, depending on their skin type.

It is good to want to take care of your skin and your body, to stay healthy and feel your best! Just remember that it probably doesn't take lots of products or a complicated routine to do so. While it may be fun to talk with your friends about what they use to stay healthy, you may not need the same things. Your skin is unique to you, after all!

If you have questions or concerns about your skin, or what products are right for you, talk to your parents or caregiver, or ask your doctor at your next visit.

REFERENCE:

<https://kidshealth.org/en/parents/skincare-products.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

RECIPE NAME

Turkey Wraps

CURRICULUM TOPIC

Grains; Vegetables/Fruits;
Proteins; Food Safety

SETTING REQUIREMENTS

Indoor or Outdoor

ESTIMATED TIME

30 Minutes or less

AGE

Children and Youth

INGREDIENTS

- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

DIRECTIONS

1. Spread tortilla with a thin layer of ranch dressing.
2. Place turkey and diced vegetables on top of salad dressing.
3. Roll up and slice in half.

Note: For a vegetarian option, replace turkey with 1/4-cup shredded cheddar.



Nutrition Facts

2 servings per container
Serving size 1/2 wrap (122g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 540mg	23%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 175mg	4%

*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: Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service

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Sincerely,

A handwritten signature in black ink that reads 'Presley Grubb'. The signature is written in a cursive style with a large, prominent 'P' and 'G'.

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

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

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