

Greenup County 4-H News

March/April 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-

You can begin to request a
National Premises ID
for small animals
on Monday,
March 18th.



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

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.



March

- March 15- All training hours due
- March 16- Market Beef Weigh-in 8-10 am @ Fairgrounds
- March 16- Last validation site for Beef- Green River Beef Show
- March 26 & 27 Middle School Leadership Retreat

April

- April 20- Kite Day @ McKell Middle School
- April 30- Small animal validation site at Clark County Fairgrounds- 5:00-7:00pm

May

- May 2- Small animal validation site at Bourbon County Fairgrounds- 5:00-7:00pm
- May 9- Summer Reading Kick-Off
- May 11- Lamb, Goat and Hog Weigh-In 8-11 am
- May 15- Last day to validate small animals for KUIP tag



You've got a friend in 4-H

**4-H Middle School Retreat
March 26-27, 2024**

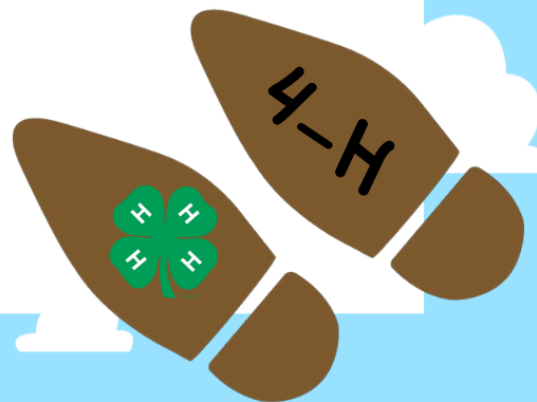
**Boyd County Fairgrounds
\$40**

**Lock-In Style - Community Service - Games
Friendship - Cooking - Memories**

**Contact your Extension Office to
register!**

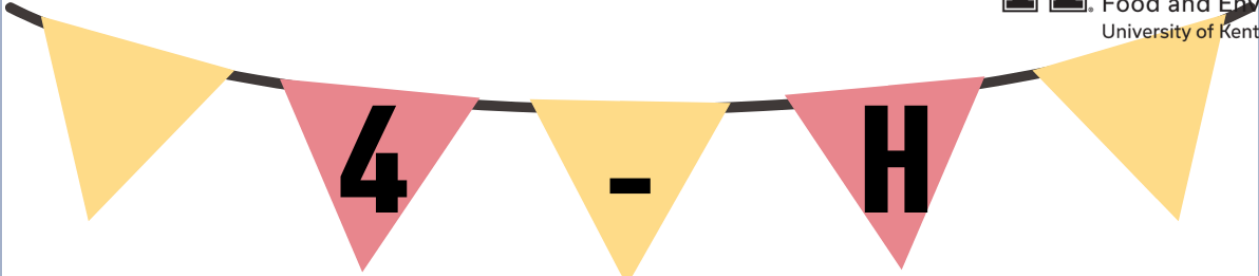


**Deadline to register is March 7, 2024
Bring your own cot or air mattress**



Martin-Gatton
College of Agriculture,
Food and Environment

An equal opportunity organization



DIPPED PRETZEL FUNDRAISER

**ORDERS MUST BE PLACED BY MARCH
18TH.**

PICK-UP MARCH 28TH OR 29TH

Raising funds for 4-H Camp

\$1 each

**Your choice of white or
milk chocolate**

**Contact Presley Grubb at
presley.grubb@uky.edu
or 606-836-0201
to order!**



**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. Programs 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



WEIGH-IN DATES

Market
Beef

March 16th
8-10am
Fairgrounds

Lamb, Goat
& Hog

May 11th
8-11am
Fairgrounds

Feeder Calf

June 29th
8-10am
Fairgrounds

Rabbits

July 18th
5-7pm
Ext. Office

Feeder Pigs/ Roasters

July 20th
8-10am
Fairgrounds

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

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**

GREENBO LAKE STATE PARK BOAT RAMP AREA

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

8:00 AM- REGISTRATION

8:30 AM- FISHING

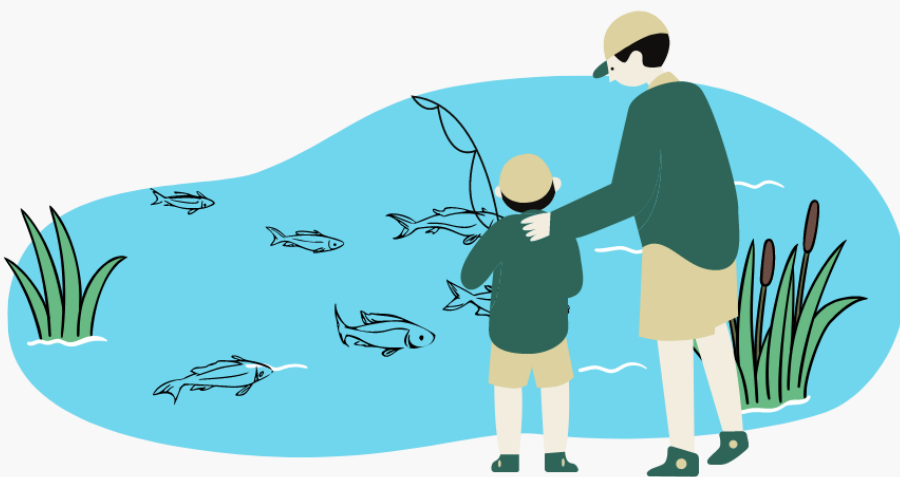
11:30 AM- CASTING CONTEST & WEIGH FISH

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**

**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.

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!

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.



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**

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





Under the Big Top at 4-H Camp!



It's time for 4-H Camp 2024!

Dates- July 1st-5th

Who can attend?- Any Greenup County youth between the ages of 9 and 15! Counselors are 16 and up.

Cost- \$250 (scholarships are available).

A \$75 registration deposit is required. Check payable to: Greenup County 4-H Council.

Deadline for all registration packets is May 30th.

To request a registration packet, return this form to
Greenup County Extension Office

Attn: Presley Grubb
35 Wurtland Ave.
Wurtland, KY 41144

Phone- (606) 836-0201
Fax- (606) 836-0235
Email- presley.grubb@uky.edu



Yes, I am interested in attending 4-H Camp! Send me a registration packet!

Name: _____ **Phone:** _____

Mailing Address: _____
City State Zip

Email Address: _____

Grade (completed): _____ **School Name/4-H Club:** _____

Birthdate: _____ Female Male

T-Shirt Size: _____ **Food Allergies:** _____

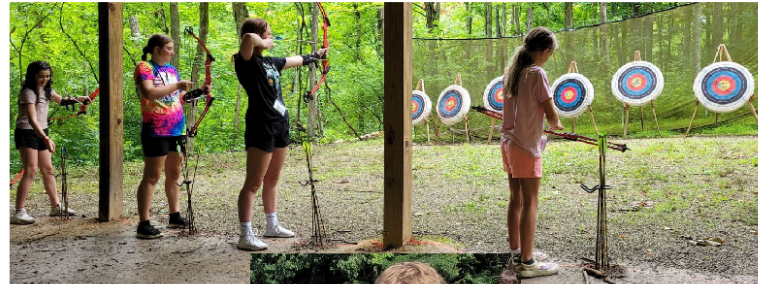
Financial Assistance needed- Yes No

Roommate Preferences: _____



Other important information:

- Required Camper Orientation will be on June 21st at 6pm.
- Registration packets **MUST** be returned by May 30th.
- Limited number of scholarships are available. (Full and Partial)
- We will be camping with Boyd, Carter, Bath, Gallatin and Carroll Counties this year.
- Kentucky 4-H Camping Program is American Camp Association Accredited.
- Adult volunteers are needed to help with 4-H Camp. If you are willing to attend, please contact the Greenup County Extension Office for a volunteer form.
- All Camp Volunteers must be screened through the Client Protection Process, which includes an interview, background check, child abuse and neglect check, and reference checks.
- High School 4-H members and students who are interested in attending 4-H Camp should contact the Extension Office for a counselor application by May 3rd.



YOUTH

HEALTH BULLETIN



FEBRUARY 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>

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

THIS MONTH'S TOPIC

LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

Continued on the next page →



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



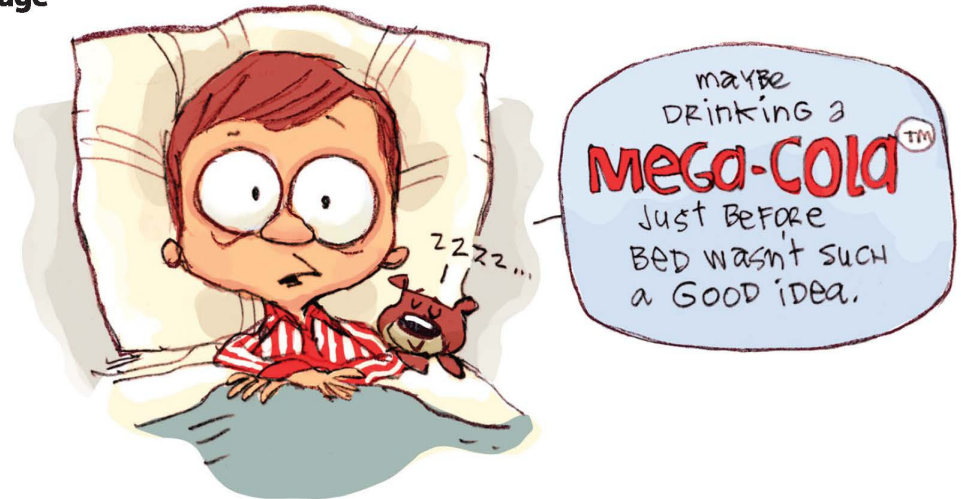
Kids should mostly drink water throughout the day and milk with meals.

→ Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:

<https://kidshealth.org/en/kids/caffeine.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

Tasty Edible Insects

CURRICULUM TOPIC

Fruits/Veggies; Proteins;
Gardening

SETTING REQUIREMENTS

Indoor or Outdoor

ESTIMATED TIME

Less than 30 minutes

AGE

Children and Youth

INGREDIENTS

- 6 celery stalks
- ½ cup hummus or pimento cheese
- 1 apple
- 48 mini chocolate chips
- 48 mini pretzel sticks
- 36 raisins
- 24 mini pretzel twists



DIRECTIONS

1. Cut each stalk of celery into 4 pieces, removing leaves.
2. Fill the cavity of each celery piece with approximately one teaspoon of hummus or pimento cheese.
3. Add two chocolate chips (or carrot shreds) for eyes on the end of each celery piece. Place pretzel sticks behind eyes to look like antenna (**note:** if too long, break in half).
4. Quarter apple and remove core and seeds. Slice lengthwise into twelve, ¼-inch thick slices.
5. On half of the celery pieces, make snails. Place an apple slice behind the antennae.
6. On the other half of the celery pieces, make butterflies. Place two pretzel twists on either side of the “body” of celery insect. Add three raisins down the back, between the pretzel twists.

Nutrition Facts

12 servings per container	
Serving size	2 snacks (54g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 125mg	2%

*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: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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.

Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development



Greenup County Extension Service
35 Wurtland Avenue
Wurtland, KY 41144

Sincerely,

A handwritten signature in cursive script that reads 'Presley Grubb'.

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).