

# KENTON COUNTY 4-H NEWS

December 2022—January 2023



## Congratulations Abby Williams - Miss Teen Rodeo of Kentucky

The Blazing Bridle membership, leaders, parents, and 4-H staff want to congratulate Abigail Williams, aka Abby for her successful run for MISS Teen Rodeo of Kentucky. Abby was judged on her horsemanship. She had to take a written test and give a speech and was judged on her personality and appearance in a fashion show.

Abby has been an active member of the Blazing Bridles for 8 years and a cloverbud for 2 years. She was voted in by her peers as our Vice President last year and again this year. We are very proud of Abby's accomplishments and know that she will continue to impress in the future.

Kenton County

# 4-H Camp

## June 26-30, 2023

Monday - Friday



## Join the Fun - Register Today

Applications online at:  
[Kentoncountyextension.org](http://Kentoncountyextension.org)  
Or call: (859) 356-3155

## SNOW POLICY...

County wide 4-H sponsored activities are cancelled when Kenton County Schools are closed due to bad weather. Individual club leaders may decide to meet. Call the Office or your leader if you have questions.

# 2022-2023 Livestock Educational Dates

If you would like to participate in showing livestock, beef, sheep, swine, dairy, goats or country ham, livestock judging, or livestock skillathon next spring and summer, the educational meetings will have to be completed **before** your animal is KUIP tagged, or you register for activities. Each 4-H member of any species or participating livestock activity must attend 6 hours of training conducted by 4-H certified volunteers in order to participate in any livestock activity. **Please sign up via the Kenton County Extension Office PACE system.**

The livestock educational meeting dates are as follows:

Please note everyone will watch 2 hours of video this year.

Additional Activities TBA

Educational Program/Activity	Date	Day	Time	Place
Game Night; Buyers Visit; Video	December 12, 2022	Monday	6:00-8:00 pm	Durr Center, Marshall Rd.
End product activity; Recordbooks; Cooking Meat, Jeopardy; Video	January 7, 2023	Saturday	8:30-11:30 am	Durr Center, Marshall Rd.
Skillathon; Video; Judging	January 11, 2023	Wednesday	6:00 - 8:00 pm	Durr Center, Marshall Rd.

Please pre-register on-line at [kentoncountyextension.com](http://kentoncountyextension.com) for materials.

Each class is a general session followed by a breakout session for each species; when appropriate.

Reminder: A parent/guardian must attend one orientation session offered at the beginning of each educational session.

## Announcement from State 4-H Livestock Program

### Market Animal Tagging/Validation & Breeding Animal Validation:

- As of publication 11/30/2022—No details regarding KUIP Tagging or Breeding Animal Nominations have been made.

### 2023 Skillathon & 2023 State Judging:

- State Skillathon and State Judging information to be announced.

## 4-H Livestock Policies Rules Guidelines

4-H Livestock policies, rules, guidelines that pertain to all livestock participants in Kentucky may be found at the following website: <http://afs.ca.uky.edu/4h-youth/meatanimalpage>. Please refer to the current year rules for updated information. County programs must adhere to and follow statewide rules.



Home Students Directory Beef Dairy Equine Food Science Meat Poultry Sheep Swine 4-H & Youth Butcher Shop

Home > 4H-Youth > Meat Animal Home

### Beef, Goats, Sheep, and Swine Information

#### Meat Animal Home

The links below provide information for projects and activities involving beef cattle, goats, sheep, and swine. Click your topic of interest to learn more.

#### Programs and Activities

Calendar of Livestock Events/Activities  
 Youth Livestock Projects (Beef, Goats, Sheep, Swine)  
 Market Animal Validation Program  
 Ownership, Possession, and Care Rules  
 Livestock Judging  
 Livestock Skillathon  
 KY 4-H Livestock Volunteer Certification Program  
 Publications  
 Policies-Rules-Guidelines

#### 4-H and Youth Livestock Projects

#### 4-H Livestock Judging

#### Kentucky 4-H Livestock Skillathon

#### Market Animal Validation Program

See the new **LIVESTOCK DISCOVERY HOMEPAGE** created from the Livestock Discovery CD.  
<https://afs.ca.uky.edu/livestock-discovery>

#### Breeding Animal Nominations

#### Policies Rules Guidelines

#### 4-H and Youth Publications

#### Youth Livestock Programs/Projects Advisory Committee

#### Livestock Projects/Programs Team

Zach Bartselager  
 Extension Associate for Youth Livestock Programs

## 4-H Livestock Forms Class



# March 7, 2023

6:30–7:30 p.m.

Kenton County Extension Office  
 10990 Marshall Road

Need more information?

Diane Kelley  
 (859) 356-3155  
 dkkelley@uky.edu



Come learn about 4-H Livestock Forms. We will discuss paperwork necessary to exhibit your project animals. County, District and State Forms will be reviewed. This program is for youth and adults exhibiting animals.

Making the Best Better!



## KDA LIVESTOCK RULES

KDA Livestock species rules were not posted as of December 1, 2022 in time for reference and printing. Updated rules and forms will be linked to the Kenton County 4-H website and members will be notified via email when material is available.

# Outdoor Adventures!

Welcome Meeting

Monday, January 16  
6:00 p.m.  
Kenton Lands Road  
Location

It is all about the GREAT Outdoors. Our member led club will cover topics like bees, trees, maple syrup, hiking, orienteering. If it involves the great outdoors an adventure will be had.

Register at:  
[Kentoncountyextension.org](http://Kentoncountyextension.org).  
Join us for our welcome meeting on Monday, January 16 at 6:00 p.m.

## Durr Foundation 4-H Scholarship

Please note that information will be available sometime in January. Please call Denise Donahue in January if you have questions or need assistance.

## SHOOTING SPORTS ORIENTATION



For new Members:  
January 17, 2023  
6:00 p.m. – 7:30 p.m.  
Kenton Lands Road Location



### Mandatory Safety Meetings:

*Each participant must attend one or both Safety Meetings to be eligible to shoot this season. This includes past participants.*

Tuesday, Feb. 21—Kenton Lands Location; 6:30  
Tuesday, Mar. 21—Marshall Rd Location; 6:30

For more information contact,  
Denise Donahue at (859) 356-3155.

## 4-H Needlecrafts Club

(New Club Forming/Kick-off)

Saturday, January 7th  
12 p.m. Marshall Road

Do you quilt, crochet, embroider, knit, or sew?

Do you do any type of needlecrafts?

Do you have a bunch of UFO's (unfinished objects)? If so join us as we form a new club.

We will work on unfinished projects, learn new needlecraft skills and start new projects too!

Join us on Saturday, January 7th,  
at 12pm to learn all about this new club!

### Complaint Procedure

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.

Any employee who believes they have been discriminated against may seek resolution through a variety of paths. Discrimination may be reported to the District Director or supervisor. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Dr. Sonja Feist-Price 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 (866) 632-9992.



# HORSE EDUCATION HOURS

Before you can participate in any 4-H horse project or activity, you must have 6 hours of Equine Education delivered by a Kenton County Certified Horse Volunteer Leader, between Sept. 1, 2022 and April 1, 2023.

**Horse Education hours are earned by attending horse club meetings.**

Kenton County has one horse-related club, the Blazing Bridles. Any child age nine and older is invited to join the fun. Club members gain a sense of belonging from the comradeship with others of similar interests and varying ages. The club meets on the **second Thursday of each month at the Serpentine River Farms**, 10217 Locust Pike, Ryland Heights.

The horse program helps youth develop desirable character traits including leadership, initiative, self-reliance, responsibility and sportsmanship. They become better prepared for citizenship responsibilities by working in groups and supporting projects and activities. This program also helps 4-H members enhance their horsemanship knowledge and skills and learn more about the business of breeding, raising and training horses, mules or ponies.

In addition, 4-H members develop a greater affection for, and humane attitude toward, animals; gain an appreciation for horseback riding as a healthy, wholesome form of recreation; and learn more about safety precautions to prevent injury to themselves, their mounts, and others. Other county events include the ride/drive program and county fair. District-wide events include horse judging contests, horse shows and horsemanship camps. State-level competitions include special contests and shows during the summer.

**For more information on the 4-H Youth Development Horse Program contact Denise Donahue at the Kenton County Cooperative Extension Service at 356-3155 or [ddonahue@uky.edu](mailto:ddonahue@uky.edu).**

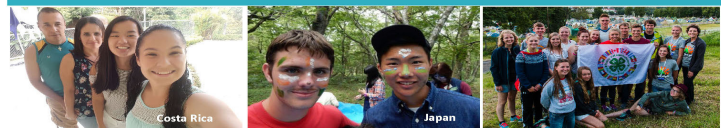
## 4-H RECOGNITION POINTS LOG SYSTEM

The Kenton County 4-H Recognition Points Log is a system for each 4-H'er to record everything they've done throughout the program year. A designated number of points is awarded for a variety of activities. These logs are used to determine the outstanding boy & girl award that is presented each year at the 4-H Recognition Banquet. They are also helpful when applying for the Bronze, Silver, and Gold Honors.

The 4-H Recognition Points Logs are available at the extension office or online at: [kentoncountyextension.org](http://kentoncountyextension.org). Be sure to download and save changes each time. Recognition Points Logs for the 2022-2023 year will cover from September 1, 2022, through August 31, 2023. All Recognition Points Logs are due to the Extension Office on Thursday, Sept. 7, 2023.

## States' 4-H International Exchange Programs 2023 OUTBOUND PROGRAMS

Costa Rica · Japan · South Korea



Are you curious about daily life, culture, and youth programs in other countries?  
Travel abroad with States' 4-H and enter a world that most tourists rarely get to see.

### Program Details:

States' 4-H Summer Outbound programs provide American 4-H youth with the opportunity to travel to foreign countries for a month-long cultural immersion experience. Delegates live with volunteer host families\* and engage in experiential learning about a new way of life. Delegates experience aspects of daily life that allow them to more deeply understand both their host culture and their own culture. Our network of like-minded international partners recruit host families and plan enrichment activities.

\*Exception: Argentina uses group accommodations on program

### 2023 Travel Dates\*

Japan 8-week: June 14—August 10, 2023  
Costa Rica: June 21—July 20, 2023  
Japan 4-week: July 12—August 10, 2023  
South Korea: July 17—August 15, 2023

\*Program dates subject to slight change or modification

### Eligibility:

4-H youth ages 12 - 18 for Japan & South Korea  
and 15 - 18 for Costa Rica

### Program Information:

- Adult chaperones accompany the group during international travel and remain in-country to provide support.
- States' 4-H provides Program Handbooks that cover everything from packing lists to financial matters to cultural information.
- States' 4-H conducts group conference calls and a National Departure Orientation prior to international travel.
- No prior language study is required, but it certainly is helpful! Our international partners have English-speaking staff on hand to assist you in communication.

### Application Deadline & Program Fees:

**Kentucky's deadline to register is Jan. 10.**  
Contact our office for info.

### For more information:

[www.states4hexchange.org](http://www.states4hexchange.org)

[OB@states4h.org](mailto:OB@states4h.org)

(206) 462-2200

<https://www.facebook.com/states4hexchange/>

Instagram @states4hinternational

## Certification Workshop for 2022-2023

Two in-person certification workshops will be offered, in addition to two virtual certification options next Program Year. Please save these dates. Registration information will be sent out in late summer.

**In-person option:** In-person certification workshop is being offered.

**January 14, 2023 – Grayson County Extension Office, Leitchfield, KY (State Registration Deadline: December 2)**

*The fee for the in-person workshop will be \$50, and will include lunch and snacks (\*\*see below for additional fees related to horse and livestock kits).*

**Virtual option:** The virtual option is provided using Nearpod, an online educational website. The online course consists of several pre-recorded videos, slide-sets, and a teaching practicum. Part of the teaching practicum requires that the volunteer meet with their agent, demonstrate the lesson they focused on in their practicum, and discuss that with their agent. Their agent must then sign off on the Teaching Practicum Form and submit that to the State 4-H Office. Volunteers can do the online course at their own pace.

**March 15 (State Registration Deadline: March 1)**

*The cost is \$25 per person. Contact your 4-H Agent as soon as possible to meet deadlines.*

# HEALTH BULLETIN



DECEMBER 2022

Kenton County  
Extension Office  
10990 Marshall Road  
Covington, KY  
41015  
(859) 356-3155

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



THIS MONTH'S TOPIC:

## CAFFEINE

You might know about foods or drinks that people say give them more energy or help them feel more awake. These foods and drinks have a chemical called caffeine. Caffeine is a stimulant. Stimulants make us feel more awake and alert. Many people have drinks with caffeine in them because they think it helps them to wake up and feel sharper.

While caffeine comes from plants, it is not always safe. It can hurt you if you eat or drink too much. Too much caffeine can make you feel shaky, have an upset stomach, headaches, make it hard to concentrate, and even cause trouble sleeping.

Both children and adults should limit the amount of caffeine that they eat and drink daily. You can do this by choosing not to drink or eat things that have lots of caffeine. These types of drinks (and some food) have large amounts of caffeine in them:

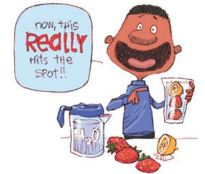
- Energy drinks
- Sports drinks
- Tea
- Sodas and cola
- Coffee
- Chocolate

Energy drinks make the top of the list because they have the most caffeine and the most sugar of any of the items. This makes energy drinks dangerous to kids and adults. They contain lots of the things our bodies do not need, and very little that our bodies do need to feel good and do our best.

In fact, there is no nutritional value in caffeine at all! This means that your body does not need any caffeine to work its best and grow to its full potential. In fact, some studies show that children who eat or drink a lot of caffeine do not grow as tall or as strong as they could have otherwise.

Instead, choose drinks and snacks that have what your body needs to grow! Water and milk are great drink choices to make every day. Your body needs water to feel its best, and low-fat milk has calcium and vitamins to strengthen your bones. You can add fruits or other natural flavors to water to mix it up from time to time. Or drink seltzer water if you really want a drink with fizz. Try adding one of these delicious flavor boosters to your water or mix and match to create your own unique combination!

- Strawberry slices
- Cucumber slices
- Mint leaves
- Orange slices or wedges
- Lemon or lime wedges
- Watermelon cubes



REFERENCES: <https://www.childrens.com/health-wellness/caffeine-for-kids>

## Interested in Attending the University of Kentucky?

### ADMISSIONS

December 1st is Early Action Deadline. To be considered for our Lewis Honors College, Competitive or Academic scholarships, or Diversity Scholarships, they will need to have their application, transcripts, application fee and test scores (optional) all turned in by December 1st. Students can fill out their application at [applyuk.com](http://applyuk.com).

### FINANCIAL AID

On October 1st, the Federal Aid for Student Financial Assistance (FASFA) application became available for families to file. The FASFA can provide federal and state funding that can come in grants, loans, and work study opportunities for those that qualify. If students have questions about FASFA, we always encourage students to reach out to their high school guidance counselor to see if FASFA workshops are available for their high school.

### VISITING CAMPUS

Just a reminder for those that are wanting to schedule a UK campus visit! We do have a few more Big Blue Open House events for the Fall and for the new year!

#### *Big Blue Open Houses*

- Saturday, January 21st
- Friday, February 24th

# *December & January*

Dec. 5	Country Ham Contract & Fee due; Marshall Road Location; 4:30 p.m.
Dec. 6	Fair Board Meeting; 7:30 p.m.; Marshall Road Location
Dec. 8	Blazing Bridles; 6:30 p.m.; Serpentine River Farms; Ryland Heights
Dec. 12	Livestock Education Hours; 6:00-8:00 p.m.; Marshall Road Location; Please pre-register
Dec. 15	4-H Lego Club; 6:30 p.m.; Kenton Lands Road Location
Dec. 15	Rabbit Club; 6:15 p.m.; Kenton Lands Road Location
Dec. 15	Rough Riders; 7:00 p.m.; Kenton Lands Road Location
Dec. 16	Holiday Box Pick Up; 4:30 p.m. - 6:30 p.m.; Marshall Road Location
Dec. 26—Jan. 2	Office Closed for Holiday
Jan. 7	Livestock Ed Hours; 8:30-11:30 a.m.; Marshall Road Location; Please pre-register
Jan. 7	Big Cats 4-H Club; 10:00 a.m.; Marshall Road Location
Jan. 7	Needle Crafts Club Information Meeting; 12:00 noon; Marshall Road Location
Jan. 7	4-H Leadership Adventurers Club Information Meeting; 1:30 p.m.; Marshall Road Location
Jan. 11	Livestock Ed Hours; 6:00-8:00 p.m.; Marshall Rd Location; Please pre-register
Jan. 12	Blazing Bridles; 6:30 p.m.; Serpentine River Farms; Ryland Heights
Jan. 12	4-H Lego Club; 6:30 p.m.; Kenton Lands Road Location
Jan. 14	Certified Volunteer Training; Grayson County Extension; Must pre-register
Jan. 16	Country Ham Work Day anticipated; Marshall Rd Location; TBA; Participants contacted
Jan. 16	Outdoor Adventurers Club Information Meeting; 6:00 p.m.; Kenton Lands Location
Jan. 16	4-H Council Meeting; 7:00 p.m.; Marshall Road Location
Jan. 19	Rabbit Club; 6:15 p.m.; Kenton Lands Road Location
Jan. 19	Rough Riders; 7:00 p.m.; Kenton Lands Road Location
Jan. 30	4-H STEM Club; 6:00 p.m.; Kenton Lands Road Location

## School Clubs in December & January

12/8 Piner	12/15 River Ridge	1/11 Ludlow	1/25 St. Anthony
12/8 Ludlow	12/16 River Ridge	1/12 Ludlow	
12/13 Holy Cross	12/20 Ludlow	1/17 Ludlow	
12/14 Ludlow	1/10 Holy Cross	1/18 St. Cecilia	

### Volunteer Opportunities

We are looking for volunteers to help with various projects and events. If you are available to help please contact the person listed with the event you wish to help with. Thank you so much for supporting Kenton County 4-H.

Date	Activity	Time	Contact Person	Number Needed
Dec. 12	Livestock Ed Preparation	5:00-6:00 pm	Diane Kelley	1 person
January—May	Cloverbud Leader	TBA	Diane Kelley	2 people
January—May	Country Ham	1/16/2023	Diane Kelley	2 adults

## Evergreen Tree Recycling

Kenton County Extension Office  
10990 Marshall Road  
(Off of Taylor Mill Road)

Help us make mulch for our demonstration gardens! Follow the signs and drop trees off into the fenced area between December 26 and January 9th. (Trees will NOT be accepted after January 9th!)



## 4-H Camp Staff Positions Available

UK is now accepting applications for 2023 program and healthcare staff for summer camp! Applications will be accepted through Feb. 10, 2023. If interested please visit [www.4hcampjobs.com](http://www.4hcampjobs.com) to acquire more information and the link to apply.

# 4-H Country Ham Project

University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development

**DEADLINE:**  
**December 5, 2022**  
To submit form and payment

#### What will I learn?

- Steps to cure a country ham
- How to prepare and present a speech
- How meat was preserved before refrigeration.

**Required to complete 6 hours of livestock education.**

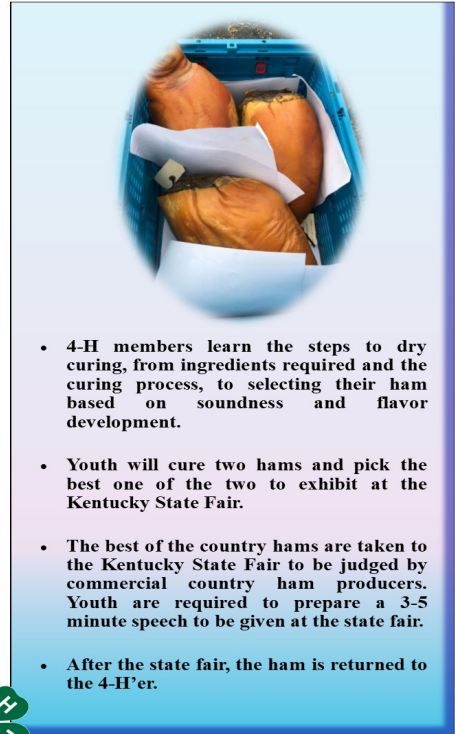
#### For more information contact:

Kenton County Extension Office  
Diane Kelley  
10990 Marshall Road  
Covington, KY 41015  
(859) 356-3155

To get a copy of the application, go to [kentoncountyextension.org](http://kentoncountyextension.org) or call our office.

**Make checks payable to:**  
**Kenton County 4-H Council**

**Fee:**  
**\$60.00**



- 4-H members learn the steps to dry curing, from ingredients required and the curing process, to selecting their ham based on soundness and flavor development.
- Youth will cure two hams and pick the best one of the two to exhibit at the Kentucky State Fair.
- The best of the country hams are taken to the Kentucky State Fair to be judged by commercial country ham producers. Youth are required to prepare a 3-5 minute speech to be given at the state fair.
- After the state fair, the ham is returned to the 4-H'er.

## 2023 Kentucky Agriculture Poster and Essay Contest

Kentucky Agriculture is Everywhere!



The theme of the 2023 contest is "Kentucky Agriculture is Everywhere," encouraging contestants to illustrate in words or pictures how agriculture impacts their everyday world. It's in the things we eat, the things we wear, the places we live," Commissioner Quarles said. "Emphasizing the importance agriculture plays in our everyday lives reveals its importance in all we do and have. This year's contest allows students to give that knowledge greater thought."

Students in grades K-12 may submit a poster, an essay of 500 words or less, or a digital entry, which may be photos or original digital artwork. Each entry must include the written theme and be postmarked by Friday, March 3, 2023.

Winners will be notified by Friday, April 14, 2023. Winners in the poster and essay competitions will be selected in each grade. One statewide winner will be selected for digital artwork. **Each winner will receive a \$100 award from Kentucky Agriculture and Environment in the Classroom** and will be recognized at the 2023 Poster and Essay Contest Awards Ceremony next year.

**For contest rules and helpful hints visit:**  
<https://www.kyagr.com/marketing/poster-essay-contest.html>

## Kenton County Homemakers

The Extension Homemakers Organization provides informal education, leadership, and community activities. Through a variety of programs, homemakers are able to contribute more effectively to the well being of their family, community, & themselves.

Membership dues are \$10.00 a year. Call our office at 356-3155 to join.





NONPROFIT ORG  
US POSTAGE PAID  
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PERMIT #59

Kenton County Extension  
10990 Marshall Road  
Covington, KY 41015

RETURN SERVICE REQUESTED



*Happy Holidays from  
Kenton County 4-H*  
*We wish you and your family  
the best during this holiday season.*

Sincerely,  
County Extension Agents  
4-H Youth Development Education—Kenton County

*Diane Kelley*  
Diane Kelley  
dkelley@uky.edu

*Denise Donahue*  
Denise Donahue  
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Secretary  
*Mary Cannon*  
mary.cannon@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.