

KENTON COUNTY 4-H NEWS

July/August 2024

Kenton County Extension
10990 Marshall Road
Covington, KY 41015

KENTON COUNTY FAIR

July 15-20, 2024

4-H'ers have the opportunity to showcase their project work and skills at the county fair. This week-long event is full of shows and activities for 4-H'ers and their families. Project work that is entered into the fair is displayed during the week at the 4-H building.



4-H projects are awarded ribbons based on the "Danish System." This is a judging system where the project is not compared to others in its class but to an ideal standard. Youth are awarded a blue, red or white ribbon based on how close the project approaches this standard. The best entry in the class is considered the champion and receives a purple ribbon and is eligible for the state fair. Please note: Energy, Weather, County Only Sewing and Miscellaneous categories are county only, and do not advance to the state fair. Therefore, no purple or champion ribbons will be awarded in these categories.

DROPPING OFF PROJECTS

Sunday, July 14, 2024; 1-3 pm

Projects can be dropped off from 1 to 3 p.m. on Sunday, July 14th. The 4-H Building is the first building on your right as you walk up the hill from the parking area. Your first stop will be at the check in table set in the entrance of the building. This is drop off only, you must register your projects on line by Monday, July 8. Once checked in, you will go to the appropriate area with each project. Judging will occur immediately following check in. Any individual who cannot make the Sunday drop off should make arrangements with their club leader for entering their projects. Contact one of the agents if you have any questions.

Have fun at the fair!

PICKING UP FAIR PROJECTS

**Sunday, July 21, 2024
12:00 (noon) - 2:00 pm**

Projects may be picked up on Sunday, July 21 from 12:00 p.m. to 2:00 p.m.
Each person must arrange to have someone pick up their projects (many club leaders will pick up for the club) or pick them up themselves. In addition, all project books, score sheets, and ribbons should be picked up at this time. Depending on the fair board office, your premium checks may also be available. The Cooperative Extension Service is not responsible for items left at the fair.

Special Points of Interest

State Fair 4-H Livestock entry forms due to State Fair office by July 10, 2024. State Fair does not accept late entries.

HEALTH BULLETIN



JUNE 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>

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

STEP INTO NATURE, SUMMER EDITION

School is out, and the sun is up in the sky! You may have lots of plans for how you want to spend your summer break, or not many plans at all. Whether you are planning a big trip, staying busy with camps, or have plenty of time to relax at home, spend some time outside this summer.



Maybe you like to **S**plash at the pool, **U**nwind on a hammock, **M**ake forts in your backyard, or **M**ow the lawn for your family. Perhaps you **E**njoy a picnic in the shade or **R**ide your bike with friends. There are so many ways to step outside and into nature!



Your body needs to move for at least one hour each day. Moving helps your bones and muscles grow and helps your whole body feel its best. We were made to move, and being active is easy outside! When you run, jump, climb, swing, and play, you are helping your muscles and bones get stronger and more stable. Is there a skill that you can't quite do just yet? Maybe a handstand or shooting a 3-point shot in basketball? The more you use your muscles and practice those skills, the better you'll get.

Your brain also benefits when you spend time outside in nature. Whether you are climbing a tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier. If you have a bad day, or feel sad or upset, try spending some time outside: playing, reading, or just resting on the ground.

When you go outside, it is also important to protect yourself from too much sun. Remember things like:

- Sunscreen
- A hat
- Protective clothes or swimwear
- Sunglasses

You may even want to keep these things by the door in your home, in a basket or bag. That will make them easy to reach and to remember. This summer, step outside into nature, and get ready to have a good time!

REFERENCE:

<https://www.healthychildren.org/English/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>

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)



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.

Kenton County 4-H Council Agricultural Scholarship Program

Scholarships will be awarded for 2024:

\$1,000 - \$1,500 From the Bi-County Coop Agricultural Evolvment Fund

The following requirements apply to scholarship:

1. Applicants must have a high school graduation date of 2024.
2. Applicant must be a full-time Kentucky resident.
3. Applicant must have been an active Kenton County 4-H member for at least the current and past three (3) years (*the current year 2024, 2023, 2022*) an active participant in an agricultural related project.

Applicant must attend a post-secondary academic or vocational institution and be a full-time student, consideration given to the program of study.

Application Process:

Applications available at the Kenton County Extension office and on the Kenton County 4-H website at www.kentoncountyextension.org. All applications must be electronically submitted by e-mail to dkelley@uky.edu on or by Thursday, September 5, 2024, in order to be considered. Scholarship winners will be announced and recognized during the Kenton County 4-H Recognition Event in October.

4-H Building Club Displays—July 15-20

After fair judging is complete, club leaders are encouraged to make a display of their 4-H'ers projects and the club as a whole. These can be set up from noon to 4 p.m. on Monday, July 15.

Contact Lori Clark for a space for your club at lori.clark@uky.edu. The best display is awarded a plaque at the Recognition Event in recognition of their hard work.

This year's theme is
"Walk! Through 4-H".

COUNTY FAIR 4-H MEMBER PASSES

Available at Extension Office

The fair board allows us to distribute passes for entrance into the Kenton County Fair to 4-H members at a cost of \$7.00 each, with a limit of 6 passes per enrolled 4-H'er. These passes do not include rides and are for 4-H youth only and not siblings or parents. They will be available, Monday, July 1, 2024, at the Durr Extension Office on Taylor Mill Road between 8:30 a.m. and 4:30 p.m. Monday through Friday, until Thursday, July 18. They will also be available Sunday, July 14, at the 4-H Check-in Booth at the Kenton County Fairgrounds from 1-3 p.m. Checks (payable to Kenton County Fair) or correct change is requested.

STATE FAIR PASSES CLARIFICATION



The Kentucky State Fair, Louisville, is August 15-25, 2024. Tickets are available to allow 4-H'ers and their 4-H leader to view Cloverville exhibits at a cost of \$4.00 each, payable to Kenton County 4-H Council. (Checks only please, we cannot accept cash.) **Prepayment is required by July 22, 2024.** Parents and family members are not entitled to these reduced tickets. Our thanks to the State Fair Board for allowing our Cloverville 4-H participants and their leaders this reduced ticket rate.

Schedule of 4-H Fair Events

SUNDAY, JULY 14

1:00—3:00 p.m.

*Check-in of all 4-H Building Exhibits. No beef cattle, horses, etc.
(see each division for time of registration)*

MONDAY, JULY 15

9:30 a.m.

4-H/FFA Market Lamb Show—Registration 9:00 a.m.

4-H/FFA Production Sheep Show —(after market show)

10:30 a.m.

4-H Goat Show (after Production Sheep Show)

5:30 p.m.

4-H/FFA Beef Show & Steer Show—Registration 5:00-5:30 p.m.

6:30 p.m.

Open Beef Show - Registration 5:30 p.m.

TUESDAY, JULY 16

9:30 a.m.

4-H/FFA Market Hog Show—Registration 8:30 a.m.

4-H Commercial Gilt Show—Registration 8:30 a.m.

WEDNESDAY, JULY 17

9:00 a.m.

Set up for Sale & Supper—All families expected to help

4:00 p.m. check in

4-H Sale of Champions

5:00 p.m.

Livestock Group Photo

7:00 p.m.

Sale Begins

THURSDAY, JULY 18

8:00 a.m.

Set-Up Champion Point

6:00 p.m.

4-H Poultry Show—Registration 5:00 p.m.

7:00 p.m.

Open Poultry show - Registration 6:30 p.m.

SATURDAY, JULY 20

9:00 a.m.

4-H Rabbit Show—Registration 8:00 a.m.

10:00 a.m.

Open Youth and 4-H Youth Horse Show (registration 9:00 a.m.)

10:00 a.m.

Open Rabbit Show - Register at conclusion of 4H Rabbit Show

10:00 a.m.

4-H Horse Show—Registration 9:00 a.m.

SUNDAY, JULY 21

12:00—2:00 p.m.

Exhibits Released (4-H and Open Class)



TRAVELING WITH 4-H MEMBERS

When 4-H members travel with their 4-H leader to an event or activity, 4-H'ers should provide a completed 4-H Event Code of Conduct form, a Participant Information form, and the Medical Information form, to the 4-H leader providing transportation. These forms provide useful information to the leader in the event a 4-H member cannot communicate what the 4-H leader needs to know. The forms should be returned to the parent/ guardian after the activity. Forms may be re-used. 4-H Leaders may request copies from the Kenton County Extension Office as needed.



SUBMIT YOUR RESULTS FOR AWARDS BOOKLET—Due Sept. 5 by 4:30 p.m.

Recognition of all our 4-H members' accomplishments is an important aspect of the 4-H Recognition Event. 4-H'ers who have received a county, area, district, state or national 4-H award are asked to submit items for which he/she would like to be recognized. Please submit written (e-mail is fine) your name, the name of the 4-H event, and the award received. All results will be compiled for 4-H'ers to receive recognition. All lists are due by Thursday, Sept. 5th at 4:30 p.m., to the Durr Extension Office. Lists are used to order appropriate awards.

Example List:

Sally Doe

*2024 4-H State Communications Event; Blue

*2024 4-H County Speech —13-year-old, Blue & Champ

4-H Outstanding Animal Forms

Now posted at:

<https://kenton.ca.uky.edu/record-booksachievementbanquet-awards>

Completed signed forms are due

September 5, 2024 by

4:30 p.m.

Forms were approved by 4-H Council 4/15/24.

4-H Recognition Points Log

Now posted at:

<https://kenton.ca.uky.edu/record-booksachievementbanquet-awards>

Completed signed forms are due

September 5, 2024 by

4:30 p.m.

Forms were approved by 4-H Council 4/15/24.

KENTON COUNTY 4-H ITEMS DUE SEPTEMBER 5

4-H Council Scholarship App

4-H Recognition Points Logs

Individual 4-H'ers county, area, district, state or national results and awards received info for Recognition Committee

Outstanding Livestock Award Forms

4-H Bi-County Coop Scholarship

Sincerely,

County Extension Agents

4-H Youth Development Education—Kenton County

Diane Kelley

Diane Kelley

dkelley@uky.edu

Anna Meyers

Lori Clark

anna.meyers@uky.edu

Lori Clark

Anna Meyers

lori.clark@uky.edu

4-H Youth Development Assistant

Vanessa Sturgill

vanessa.sturgill@uky.edu

Kaylen Greene-Purcell

Kaylen.greene@uky.edu

Secretary

Mary Cannon

KENTON COUNTY 4-H CALENDAR—July 2024

Date	Event/Activity
July 2	Fair Board Meeting; 7:30 p.m.; Fairgrounds
July 2	Shooting Sports; 5:30 p.m.; Lloyd Wildlife
July 4	Office Closed; Independence Day
July 8	4-H Record Books Due by 4:30 p.m.
July 8	All 4-H Fair Building Projects & Recordbooks entered into the Fair Entry system by 4:30 p.m.
July 12	Fair Building Set Up & Cleaning
July 14	County Fair Barn Set-up; 12:30 a.m.—complete
July 14	Kenton County Fair 4-H Project Check In, 1:00-3:00 p.m., Kenton County Fairgrounds
July 10	State Fair Livestock paperwork—online entry. Not accepted late
July 15-20	Kenton County Fair (see fair website)
July 15	Fair Project Judging and Display
July 15	4-H Market Lamb; Weigh In: 9:00 a.m.; Production Sheep & Goat; Register 9:30; Kenton Co. Fair
July 15	4-H/FFA Production Beef Show & 4-H Steer Show; Registration 5:00-5:30 p.m.
July 15	Open Beef Show; Registration 6:30 p.m.; Kenton County Fairgrounds
July 16	4-H Swine Show, Registration 8:30 a.m., followed by Commercial Gilt Show; Kenton Co. Fairgrounds
July 16	Shooting Sports; 5:30 p.m.; Lloyd Wildlife
July 17	4-H Livestock Sale Set Up; 9:00 a.m.; Fairgrounds
July 17	Livestock Group Picture; 5:00 p.m.; Fairgrounds
July 17	Livestock Buyer Meal; 6:00 p.m.; Kenton County Fairgrounds
July 17	4-H Sale of Champions, 7:00 p.m., Kenton Co. Fairgrounds
July 18	4-H Poultry Show, Registration 5:00 p.m., Kenton Co. Fairgrounds followed by Open Poultry
July 20	Gateway Resource Fair; 11:30 a.m.; Edgewood Campus
July 20	4-H Rabbit Show; Registration 8:00 a.m.; Kenton County Fairgrounds
July 20	4-H Horse Show; Registration 9:00 a.m.; Kenton Co. Fairgrounds
July 21	Pick-up Fair Projects; 12:00-2:00 p.m.; Kenton Co. Fairgrounds
July 22	Kentucky State Fair reduced ticket order due Kenton County Extension Office by 4:30 p.m.
July 23	Plant for Fun! 8:30 a.m.; Erlanger Schools
July 27	Youth Quail Day; 8:00 a.m.; Lloyd Wildlife
August 1-9	Drop off non-perishable items for the State Fair; Durr Center, Marshall Road between 8:30am-4:30 pm
August 6	Shooting Sports; 5:30 p.m.; Lloyd Wildlife
August 6	Fair Board Meeting; 7:30 p.m.
August 12	State Fair food entries need to be at Durr Center, Marshall Road 7:00—7:30 a.m.
August 13	Country Ham Drop off by 4:30 p.m. for State Fair; Kenton County Extension Office
August 15	County Ham Speeches; Louisville
August 15-25	Kentucky State Fair; Check website for show time and details; kystatefair.org
August 20	4-H Shooting Sports; 5:30 p.m.; Lloyd Wildlife
August 19	4-H Council; 7:00 p.m.; Kenton Lands Road Location
August 20-22	State Fair Livestock
August 27-Sept. 6	Pick Up Items from State Fair; Durr Center, Marshall Road
September 2	Labor Day; Office Closed

LIVESTOCK AND COUNTRY HAM

DATES TO REMEMBER:

July 8th, 4:30- Record book deadline

July 10th- State Fair Entry Deadline

July 11th, 5:00- Country Ham Cleaning

July 14-20- Kenton Co. Fair

Local Open County Fair Shows:

July 1-6: Owen Co. Fair

July 22-27: Grant Co. Fair

See KDA Shows and Fairs for full list

CONGRATS KENTON CO. LIVESTOCK JUDGING TEAM!



State Results:

Junior Team-

- 5th Goats and Sheep
- 5th Reasons
- 6th Overall

Junior Individual- Sadie

- 10th in Cattle

Senior Individual: Annie

- 6th in Goats and Sheep
- 18th Overall

2024 KENTON CO. FAIR LIVESTOCK REMINDERS

All animals need to have up-to-date health papers, and meet the health regulations described the Kenton County Fair 4-H / FFA Youth Market Class Rules and Regulations

Record Books are due to the office no later than July 8th

See the Kenton County 4-H Calendar for registration and show times.

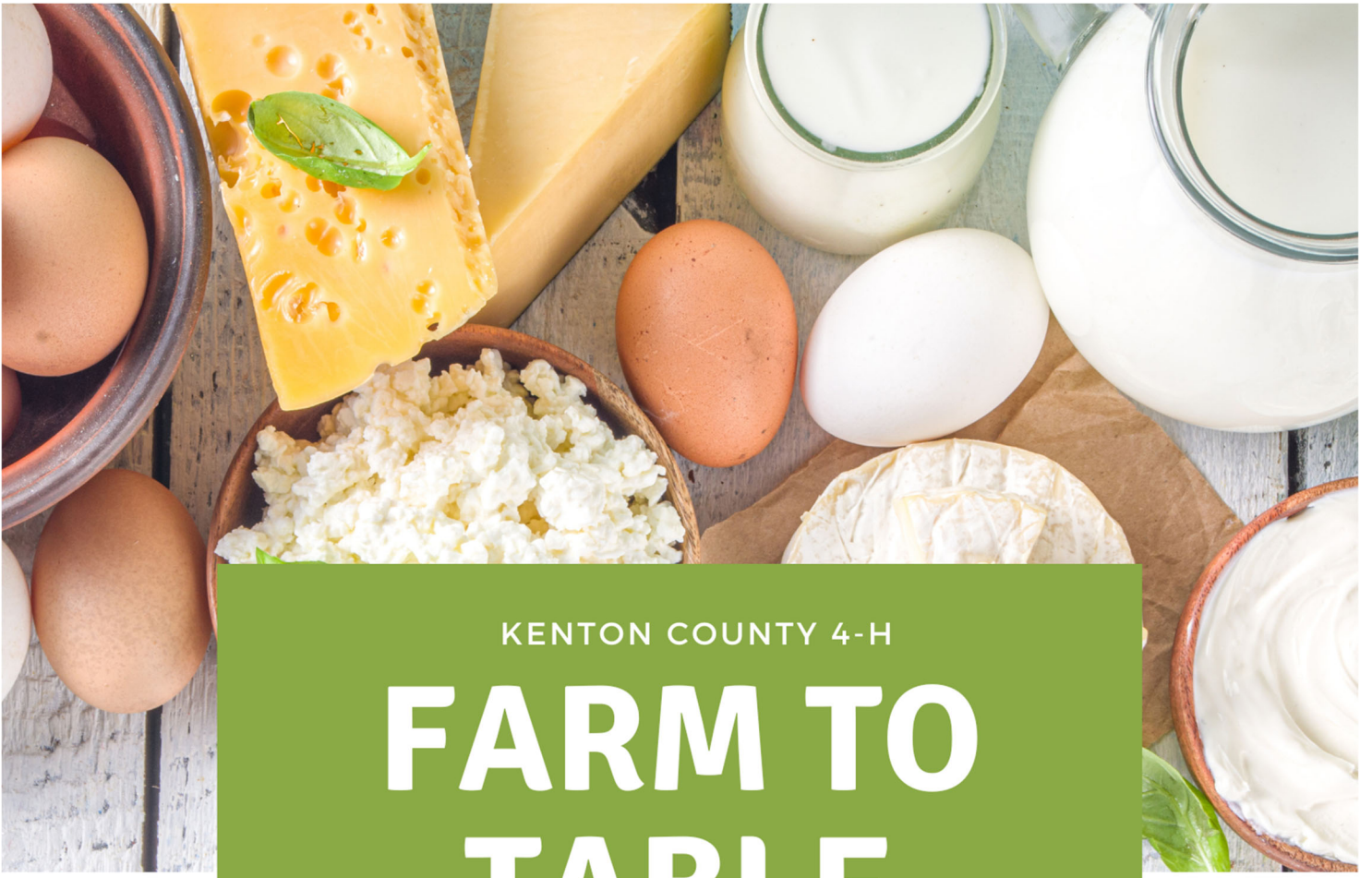
If you think of a new person or business who might be interested in attending the sale, please call the office and check with Mary Cannon to see if anyone has already invited that buyer.

The annual group photo will be at 5:00 pm.

It's all hands on deck for set up! Please be at the barn at **12:30 on Sunday, July 14th** and at **9:00am on Wednesday, July 17th** to help.

For more information and to ask questions, contact Anna Meyers:

anna.meyers@uky.edu
(859) 365- 3155



KENTON COUNTY 4-H

FARM TO TABLE



SEPTEMBER 21, 2024

**AT
HONEY LOCUST FARMS**