



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Campbell County
3500 Alexandria Pike
Highland Heights, KY 41076
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www.campbell.ca.uky.edu

FEBRUARY 2022

4-H YOUTH DEVELOPMENT NEWSLETTER



Campbell County 4-H would like to thank the Northern KY Horse Network members for their volunteer service. They were recognized with the Outstanding Community Volunteer Award at the County Extension Council Meeting in January.



Campbell County 4-H would like to thank Karla & Kevin Spaulding for their volunteer service. They were recognized with the Outstanding 4-H Volunteer Award at the County Extension Council Meeting in January. They are active with the Saddle Up 4-H Club activities.

SAVE THE DATE!



Campbell County 4-H Camp Information:

July 25-29, 2022

**Camp registration packets
will be available
beginning February 28th.**

**Completed camp forms and money
will be accepted beginning March 7th.**

Space will be filled on a first come first serve basis.

Two ways to register:

**Pick up a packet at the Extension office
beginning February 28th.**

3500 Alexandria Pike, Highland Heights, KY 41076

OR

**Go to our website <http://campbell.ca.uky.edu/>
complete the fillable form, print it off,
and bring it to the office with the camp fee.**

If you are 16 years or older and are interested in being a Junior or Adult Counselor,
call Sherri at 859-572-2600 or email: sfarley@uky.edu



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Join the 4-H



FOR KIDS AGED 5-18

- **TEACH YOUR DOG HEEL, SIT, STAY, AND COME.**
- **LEARN AND PRACTICE LEADERSHIP SKILLS.**
- **TEACH YOUR DOG SOCIALIZATION SKILLS.**
- **LEARN HOW TO READ YOUR DOG'S BODY LANGUAGE.**
- **PRACTICE NEW SKILLS THROUGH FUN EXERCISES.**
- **COMPETE IN 4-H COUNTY AND STATE DOG SHOWS.**



Join our **Facebook Group...**
Campbell County 4-H Dog Club
to learn more about meetings,
dates and times.



Meetings held at the Campbell County Extension Office

3500 Alexandria Pike | Highland Heights, KY 41076

Meeting: February 17 & March 24 – 7:00 p.m.

Phone: 859-572-2600

Contact Claire Linepensel with questions

Email: 4HMuddyPaws@gmail.com

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



4-H: A Capitol Experience

March 8, 2022– Frankfort, KY



Possible Activities

- Visit Legislators, Committees, Agencies
- Presentation to the Governor
- Visit Frankfort Historic Sites
- Visit House of Representatives and Senate Sessions
- Tour of the Capitol
- Legislative Visitor Galleries
- Visit with Kentucky 4-H Officers

Highlights

- Discover how to be actively involved in influencing policy decisions
- Explore careers in public policy
- Learn how decisions at the state level impact local communities
- Network with 4-H'ers, volunteers and professionals from throughout the Commonwealth
- Discuss public policy issues impacting local communities!

Contact:
Your County Extension Office
For Details

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4-H SNOW POLICY

4-H sponsored activities are cancelled when Campbell County schools are closed due to bad weather. Individual leaders may decide to meet. Contact the Extension Office or your leader if you have questions.



DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST



Want to win a young Cow or Heifer?

Applicants must be an active members of 4-H or FFA

Open to any youth in Kentucky

APPLICATION DEADLINE—MARCH 1



Dustin Worthington
1982-2000

To be awarded on April 4th

Applications are available from Your Local 4-H Agent or FFA Advisor or Visit the Dustin Worthington "I Love Cows" Website for more information: www.dustinworthingtonmemorial.org

Anyone who has an interest in the cattle industry, 4-H or FFA is asked to make a contribution to the fund.

Contributions to the Memorial Fund please mail to:
Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead Road, Harrodsburg, Kentucky 40330



Questions please contact
Dena Worthington
859-612-7260



2022 Kentucky Volunteer Forum



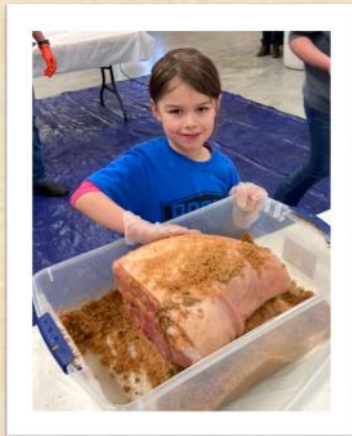
February 24-26, 2022

4-H/FFA Livestock Club



What did you do on this MLK Holiday? Our 4-H/FFA Livestock, Horse and Country Ham Education Day was a fun filled day despite the weather! Thanks to all of our presenters and volunteers for helping make it possible!





4-H Nature Club







4-H CLUB REPORTS



Campbell Ridge Elementary

The meeting of the **4-H Coffee Clovers** was called to order on January 25, 2022 by president Rielynn. After our monthly was called to order, we said the pledge of allegiance and the 4-H Pledge. Erlande and Charlotte led the pledges. The topic of our lesson was Snap Circuits and we learned how a snap circuit works. Our next meeting will be February 22.

Jolene, reporter

The meeting of the **Camp Clovers 4-H Club** was called to order on January 25, 2022 by president Sophia. After our monthly was called to order, we said the pledge of allegiance and the 4-H Pledge. Alexa and Carter led the pledges. The topic of our lesson was Snap Circuits and we learned about open and closed circuits and how to connect snap circuits. Our next meeting will be February 22.

Darey and Sophie, reporters

The meeting of the **4-H Lee Lucky Bees** was called to order on January 25, 2022 by president Dustin. After our monthly was called to order, we said the pledge of allegiance and the 4-H Pledge. Addy and Ava R. led the pledges. The topic of our lesson was Snap Circuits and we learned about snap circuits and how they make things do stuff. Our next meeting will be February 22.

Alexis Martin, reporter

The meeting of the **Mr. Chunkies 4-H Club** was called to order on January 25, 2022 by president Branson. After our monthly was called to order, we said the pledge of allegiance and the 4-H Pledge. Jessica and Gabe led the pledges. The topic of our lesson was Snap Circuits and we learned about open circuits. Our next meeting will be February 22.

Brayden, reporter

Crossroads Elementary

On January 27, 2022, **Ms. Author's 4th grade Elephants** held their monthly meeting. After our club president, Morgan called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Lanie and Justin helped lead the pledtgs. There were 18 members present at the meeting. The topic for this month's meeting was the Lorax. One thing we learned during this months meeting was how to save the environment. Our next meeting will be in February.

Bentley, reporter

On January 27, 2022, **Mrs. Bragg's 4-H Corgi's** held their monthly meeting. After our club president, Ella called the

meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Bently and Gavin helped lead the pledtgs. There were 13 members present at the meeting. The topic for this month's meeting was the Lorax. We wrote poems to stop pollution. Our next meeting will be in February.

Isabella, reporter

On January 27, 2022, **Mrs. Hungate's 4-H Cacti** held their monthly meeting. After our club president, Jackson called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. Dylan and Lacey helped lead the pledtgs. There were 19 members present at the meeting. The topic for this month's meeting was the environment. One thing we learned during this months meeting was how to save the environment. Our next meeting will be in February.

Olivia, reporter

4-H Saddle Up Club

On February 3, 2022, The Campbell County **4-H Saddle Up Club** met over zoom on February 3rd. We had one hour of education before the meeting. We nominated and voted on a new secretary for the club. We also welcomed four new members to the club. The next meeting will be March 3rd at 7pm at the Extension Office.

Maddy Green

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**THE 4TH GRADERS AT CROSSROADS
ELEMENTARY WOULD LIKE TO SHARE A
MESSAGE ABOUT THE IMPORTANCE OF
PROTECTING OUR ENVIRONMENT.**

The
environment
is a good thing
we all need it to survive
but the environment is getting
worse and worse because factories
are polluting the Earth and cutting down
trees and we need trees for oxygen so please

help
us
make
the
Earth
a
better
place
again.

By: *Chance*
-Mrs. Hungate

**DON'T LET THE WORLD DOWN
IT WILL MAKE A FROWN.
DON'T CUT THE TREES DOWN
YOU'LL LET THE WORLD DOWN.
IF YOU LET THE WORLD DOWN
ALL 7 BILLION PEOPLE WILL FROWN.**

By: *Bentley*
-Mrs. Bragg

Protect the environment
Don't let the world down.
Reduce, reuse, recycle
Don't make the world frown.
The world relies on you
So gather a crew
And do what you can do.
Do what you need
Don't be like the Once-ler who tried to make a theend.
Protect the environment don't let the world down
And turn that the frown upside down.

By: *Alex Marquez*
-Ms. Leffingwell

Save the trees because we need air.
Recycle.
Stop pollution.
Throw trash away.

By: *Justin*
-Ms. Arthur

**I HEAR THE WAVES IN THE OCEAN.
I SEE THE TRASH IN THE OCEAN, SO I WENT TO PICK IT UP.
I SMELL NASTY TRASH.
I TOUCH THE NASTY TRASH.
I FEEL LIKE I TASTE THE TRASH.**

Throw away
Recycle
Air pollution is bad for Earth
Save the Earth
Help Earth

By: *Olivia Ray*
-Mrs. Hungate

- E**mpy anything recyclable from the trash can.
- N**ever throw trash anywhere but the trash can or recycle bin.
- V**ideo tape the things that concern you and send it to people that can do something to help.
- I**nvnt something to help with pollution.
- R**euse anything you can.
- O**nce you do something to help, get your community to help.
- N**ever leave the water or lights on.
- M**ix different ways to help.
- E**veryday is a day to help.
- N**o one can't help.
- T**ell your friends to help the environment.

By: *Audrey L.*
-Ms. Leffingwell



The 4-H Baking Club made homemade Quick Cinnamon Roll Bread.



Campbell County 4-H Teen Leadership

4-H Teen Leadership group met to bake and bag up dog treats for donations.





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Campbell County 4-H Teen Leadership

-Engage in the community
 through service
 learning projects.

-Build connections with peers
 through team building exercises.

-Explore leadership
 opportunities.

Who: Campbell County Residents 6th-12th Grade

When: Mondays 5:30 PM-7:00 PM

~~Jan. 10th~~ ~~Feb. 7th~~ Mar. 14th
 Apr. 11th May 9th

**Where: Campbell County Extension Office
 3500 Alexandria Pk Highland Heights**

Please contact Kellsey Agnew with any questions.

Contact by email at kellsey.agnew@uky.edu or
 by phone at (859) 572-2600.

To register a teen for this event please call the above
 number, register online or email kellsey.agnew@uky.edu

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 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.

YOUTH HEALTH BULLETIN



FEBRUARY 2022

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)

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THIS MONTH'S TOPIC: DENTAL HEALTH

Smile Big! Do you brush your teeth at least twice a day? Yes? Good, because you should! Having strong, healthy teeth can help you chew the right foods to help you grow, help you speak clearly, and help you look your best. Taking care of your teeth is very important for your overall health and helps prevent cavities or gum disease.

Why should you brush your teeth? To clean them! Brushing and flossing are the most important things that you can do to keep your teeth and gums healthy.

How to brush your teeth:

1. Wet the toothbrush and apply a small amount of fluoride toothpaste to it.
2. Brush all teeth surfaces and your tongue for two minutes.
3. Spit the toothpaste into the sink. Rinse out your mouth.
4. Rinse out the toothbrush and let it air dry.

Continued on the back →



Use a toothbrush with soft bristles. The toothbrush package will have the word "soft" on it.

→ Continued from page 1

Should everyone brush their teeth? Yes, everyone. From babies with one tooth, to teenagers with braces, and even your grandparents need to brush their teeth.

Be sure to keep these tips in mind to maintain healthy teeth.

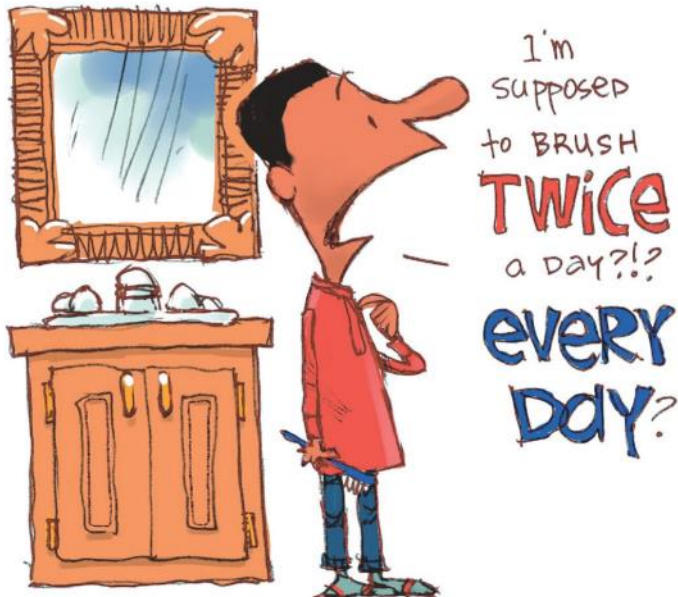
- Brush at least twice a day — after breakfast and before bedtime. If possible, also brush after lunch and after eating sweet snacks.
- When you brush, you do not need a lot of toothpaste: just the size of a pea. You can even choose from different colors and flavors of toothpaste.
- Use a toothbrush with soft bristles. The toothbrush package will have the word "soft" on it. Pick a toothbrush that is your favorite color or has a favorite character on the handle.
- Take your time brushing. Spend at least 2 or 3 minutes each time you brush. Use a timer or play a song you like to help you keep track of the time.
- Brush ALL of your teeth, even along the sides and the back.
- Get a new toothbrush at least every three months.



It is important to visit the dentist twice a year to check for cavities and gum disease. You can also ask your dentist to show you the correct way to brush your teeth so you do not get a cavity. If you play sports, like basketball or field hockey, make sure to wear a mouthguard. You can get a custom-fitted mouthguard from your dentist or just buy one from the store.

RESOURCES:

- <https://kidshealth.org/en/kids/go-dentist.html>
- <https://kidshealth.org/en/kids/teeth-care.html>



Can you unscramble these words?

O O B T U H S R T H : _____

T H T O O P A T E S : _____

I A C T S V I E : _____

ANSWERS: 1) TOOTHBRUSH, 2) TOOTHPASTE, 3) CAVITIES

YOUTH
HEALTH BULLETIN

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Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

