



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

MAY 2022

4-H YOUTH DEVELOPMENT NEWSLETTER



4-H Horse Clinic

May 14, 2022

Registration: 9 am

Sessions Start at 9:30 am

Cost \$10.00

(per horse and rider combination)

Rain or Shine

Alexandria Fairgrounds
Main Arena & Covered Livestock Barn

ALL 4-H'ERS WELCOME

Participation will qualify the 4-H'er and horse for the 2022 State 4-H Horse Show. Judge will provide feedback to help you in future competitions. 4-H State & Club Rules apply. No placings, ribbons, or payback for any class.

Showmanship and Pattern Riding Classes for Ponies and Horses Clinician: Jamie Lacy

Showmanship and Hunter/Jumper for Miniatures Clinician: Trisha Kremer

For More Information – Call:

Leslie Deaton
(859) 380-5098

Karla Spaulding
(859) 391-8733

Patsy Parker
(859) 250-2838

Amber Green
(859) 496-7888

HOSTED & SPONSORED BY:
CAMPBELL COUNTY 4-H SADDLE-UP CLUB



LOTS GOING ON 

What's Happening in 4-H

MAY

- May 1 State 4-H Horse Eligibility On-line forms Due
- May 3 - 4-H Sharp Shooters, 6:15pm
- May 4 - Nature Club
- May 5 - Saddle Up Club Meeting
- May 10 - 4-H Council Meeting
- May 14 - Saddle Up Club Horse Clinic
Alexandria Fairgrounds
- May 15 - 4-H/FFA Livestock Validation Day
(Market Goats, Hogs & Sheep)
- May 17 - Prepare for Fair
- May 20 - Deadline for State 4-H Horse Show Entries
July 2-7, Kentucky State Fair & Exposition Center,
Louisville, KY
- May 31 - Cloverbud Carnival





4-H Nature Club

4-H Nature Club

4-H Nature Club had a great meeting last night exploring the Environmental Education Center. They crafted birds nest, made butterfly clips, animal prints and played games.



Visit Campbell County 4-H on Facebook to see more photos from this event...

CL^{VER}BUDS

4-H Cloverbuds had a fun time painting spring decor and going on an egg hunt!



Visit Campbell County 4-H on Facebook to see more photos from this event...

YOUTH

HEALTH BULLETIN

MAY 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>



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859-572-2600

THIS MONTH'S TOPIC: PROTECT YOUR BRAIN

Protecting our brains is really important. The brain is the most important organ in our body. Keeping our brains healthy is key because our brain controls all of our body's functions. However, our brain can also be injured. The most common type of brain injury is a concussion.

Continued on the back ➔



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Disabilities
indicated
with prior notification.

Always wear a helmet when biking, riding a scooter, skateboarding, rollerblading, or playing contact sports.

➔ Continued from page 1

What is a concussion?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or if you get hit in the head.

A concussion feels different to each person, so it is important to tell your parents and doctor how you feel. You might notice concussion symptoms right away. Sometimes it takes hours or days until you notice that something is not right.

If you think you have a concussion, tell a parent, guardian, or coach right away! You won't play your best if you are not feeling well. Playing with a concussion is dangerous.

Before you go back to playing, a doctor needs to look at you. Only a doctor or other health-care provider can tell whether you have a concussion and when it is OK to return to school and play.

Brain bumps take time to heal. Most people with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



You may have a concussion if you have any of these symptoms after a bump, fall, or jolt to the head or body:

- Headache
- Feel dizzy, sluggish, or foggy
- Bothered by light or noise
- Have double or blurry vision
- Vomit or feel sick to your stomach
- Have trouble focusing or problems remembering
- Feel more emotional or "down"
- Feel confused
- Have problems with sleep

Protect your brain by being sure that any teams you are on have rules to reduce the risk of concussions, such as limits on tackling (football) or heading the ball (soccer). Also, always wear a helmet when skiing, snowboarding, biking, riding a scooter, skateboarding, rollerblading, or playing contact sports like football and lacrosse. A concussion still can happen while you wear a helmet, but the helmet can protect you from a skull fracture and serious brain injury.

REFERENCES:

- https://www.cdc.gov/headsup/pdfjs/youthsports/factsheet_athletes_ages11-13_apdf
- <https://kidshealth.org/en/teens/concussions.html>

Written by: Natalie Jones
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of Kentucky School of Human
Environmental Sciences

YOUTH
HEALTH BULLETIN



14-17 — TUESDAY - FRIDAY
JUNE UNIVERSITY OF KENTUCKY

KENTUCKY 4-H
TEEN CONFERENCE

#EMBRACEKY4H

**BECOME ACQUAINTED WITH COLLEGE LIFE
 CAREER READINESS • EXPLORE DEGREES
 IMPROVE COMMUNICATION SKILLS
 EXPAND SOCIAL SKILLS • HAVE FUN
 EXPAND 4-H CORE CONTENT AREA KNOWLEDGE**

PRICE: \$250
Due Date :Monday, May 16th
CONTACT YOUR COUNTY 4-H AGENT FOR MORE DETAILS!

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2022

University of Kentucky
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Highland Heights*— Tuesdays
 Senior Citizens Activity Center
 3504 Alexandria Pike
May 17 thru October 25
 3:00 p.m. to 6:00 p.m.

Fort Thomas— Wednesdays**
 Mess Hall in Tower Park
 801 Cochran Avenue
March 23 thru December 14
 3:00 p.m. to 6:00 p.m.
*Hours extend to 7:00 p.m. June-September
 (Senior shopping begins at 2:45 p.m.)*

Alexandria*— Fridays
 Southern Lanes Sports Center
 7634 Alexandria Pike
May 20 thru October 28
 3:00 p.m. to 6:00 p.m.

Newport*— Saturdays
 Next to Pepper Pod Restaurant
 709 Monmouth Street
May 21 thru October 29
 9:00 a.m. to 12 noon

* Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program
 ** Accepts SNAP only
 Supplemental Nutrition Assistance Program

Campbell County
Farmer's Market

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Disabilities
 accommodated
 with prior notification

Livestock Club

On April 12 the UK College of Agriculture, Food and Environment sponsored the return of the UK AG Field Day. Over 1,800 4-H and FFA members participated this year. Campbell County youth excelled in the Horse Industry Knowledge and Livestock Evaluation contests. Congratulations everyone!



facebook Visit Campbell County 4-H on Facebook to see more photos from this event...



Prepare for Fair

PREPARE FOR FAIR

4-H Prepare for Fair members painted beautiful spring decor at our meeting on April 26th.



Visit Campbell County 4-H on Facebook to see more photos from this event...

CAMPBELL COUNTY COOPERATIVE EXTENSION SERVICE

OPEN HOUSE



Discover Extension

Saturday
September 10, 2022
10:00 am - 2:00 pm

Activities for everyone...

- Tour the Beautiful Garden
- Activities for Children
- Complimentary Gifts
- Farm animals on display
- Educational Demonstrations
- Food and drinks available



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Save
The Date!

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COOPERATIVE EXTENSION



Attention Hikers!

Beginning April 15 thru June 15, 2022, anyone who hikes all the trails during this time will receive a **FREE HAT**, compliments of Campbell County Extension Service.

Trail maps and locations can be found on the website listed below.

<https://campbell.ca.uky.edu/content/campbell-county-trail-passport>

For more details...

Visit the website above or scan this QR code.



Hikers must report miles hiked and time spent on the trails.



Send pictures and comments of your hike to: djscully@uky.edu

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4-H CLUB REPORTS

4-H Saddle Up Club

The Campbell County 4H Saddle Up Club met on April 14th at 7pm at the Extension Office. The club went over what is needed to get your horse entered properly for the 4H Kentucky State show that will be held July 2-7. There were 20 members in attendance at the meeting. The next meeting will be May 5th at 7pm at the Alexandria Fairgrounds.

Maddy Jo Green

Crossroads Elementary

On March 29th, **Ms. Leffingwell 4-H Cats** held their monthly meeting at Crossroads Elementary. After our club president **Addi** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Tristan** and **Rosslyan** helped lead the pledges. There were 21 members present at the meeting. The topic for this month's meeting was The Egg Drop. One thing we learned/did during this month's meeting was determine they need a soft landing. Our next meeting will be held in April.

Submitted by Zoey

On March 29th, **Ms. Arthurs 4-H 4th Grade Elephants** held their monthly meeting at Crossroads Elementary. After our club president **Morgan** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Braelyn** and **Donny** helped lead the pledges. There were 16 members present at the meeting. The topic for this month's meeting was dropping eggs. One thing we learned/did during this month's meeting was determine they need to be creative. Our next meeting will be held in April.

Submitted by Bently

On March 29th, **Mrs. Hungate's 4-H Cacti** held their monthly meeting at Crossroads Elementary. After our club president **Jackson** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Harlee** and **Bryson** helped lead the pledges. There were 19 members present at the meeting. The topic for this month's meeting was the egg drop. One thing we learned/did during this month's meeting was that we are dropping eggs. Our next meeting will be held in April.

Submitted by Olivia



Crossroads Elementary

On March 29th, **Mrs. Bragg's 4-H Corgis** held their monthly meeting at Crossroads Elementary. After our club president **Ella** called the meeting to order, we said the Pledge of Allegiance and the 4-H Pledge. **Bentley** and **Bo** helped lead the pledges. There were 13 members present at the meeting. The topic for this month's meeting was the egg drop. One thing we learned/did during this month's meeting was how to save an egg from cracking. Our next meeting will be held in April.

Submitted by Olivia

Campbell Ridge Elementary

The meeting of the **Lee's Lucky Bees** was called to order on April 20th by president **Jordyn** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Aliyab** and **Abby** led the pledges. The topic of our lesson was the egg drop, and we learned about building stuff to protect the egg.

Submitted by Alexis

The meeting of the **Camp Clover 4-H Club** was called to order on April 20th by president **Sophia** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Logan** and **Jameson** led the pledges. The topic of our lesson was the egg drop, and we learned how to protect an egg.

Submitted by Darcy

The meeting of the **Mc Chuckies 4-H Club** was called to order on April 20th by president **Bronson** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Arabella** and **Trinity** led the pledges. The topic of our lesson was the egg drop, and we learned how to protect eggs with given materials.

Submitted by Brayden

The meeting of the **4-H Coffee Clovers Club** was called to order on April 20th by president **Rielynn** at Campbell Ridge Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Aj** and **Deacon** led the pledges. The topic of our lesson was the egg drop, and we learned how to protect and take care of an egg.

Submitted by Jolene



St. Thomas Elementary

The meeting of the **4-H Tomcats** was called to order on April 11th by president **Ben** at St. Thomas. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Harper** and **Gemma** led the pledges. The topic of our lesson was egg catcher and we learned how to build a nest to catch an egg.

Submitted by Leo

Sharp Shooters Club

President Trey called the Sharp Shooters Club to order. Abbie gave the treasurer's report. Everyone was reminded to pay their club dues: \$10 for one participant or \$15 for a family. If anyone would like to receive training to become either a youth or adult range instructor, the next training is in October. Clay made a motion to adjourn the meeting, and Benedict seconded the motion. Our next range meeting will be held at the Bob White Club at 6:15 on May 3rd.

Submitted by Ann

Lincoln Elementary

The meeting of the **Green Devil 4-H Club** was called to order on April 27th by president **Gatlin** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Jacob** and **Ethan** led the pledges. The topic of our lesson was the egg drop, and we learned how to drop eggs in create paper nests.

Submitted by Gyanna

The meeting of the **Lincoln Elementary 4D 4-H Club** was called to order on April 27th by president **Papi** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Frank** and **Ariel** led the pledges. The topic of our lesson was the egg drop, and we learned how to build a next to protect the egg

Submitted by Peyton

The meeting of the **Green Devils** was called to order on April 27th by president **Gracelyn** at Lincoln Elementary. After our monthly meeting was called to order, we said the pledge of allegiance and the 4-H pledge. **Carson** and **Nicole** led the pledges. The topic of our lesson was the egg drop, and we learned how to make an egg catcher.

Submitted by Josslyn



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Teen Leadership

Over the past few months, Campbell County 4-H Teen Leadership Club has been hard at work planning and preparing a Spring Break Day Camp for younger kids. This week they were able to see all their time and effort pay off. The participants had a wonderful time, and we are so proud of the teens and all their hard work!



Visit Campbell County 4-H on Facebook to see more photos from this event...



Sharp Shooters



Campbell County Sharp Shooters rocked their first range meeting of the year.



Visit Campbell County 4-H on Facebook to see more photos from this event...