



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



4-H Youth Development
Cooperative Extension Service

Greenup County
35 Wurtland Avenue
Wurtland, KY 41144
(606) 836-0201
Fax: (606) 836-0235
extension.ca.uky.edu

Greenup County 4-H News

July/ August 2023



Reminder

- Breeding and dairy animal registration deadline is July 24th.
- August grab and go bags will be ready for pick-up on Saturday, August 5th during Farmers Market hours (9am-2pm)



**For More
Information**

Call- (606)836-0201

Email- presley.adkins@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.

Kentucky 4-H state fair projects ignite curiosity and cultivate skills



Source: Kim Schrader, agriculture extension specialist, 4-H central operations

At the heart of 4-H lies project work, an initiative that empowers 4-Hers to choose a topic of personal interest and passionately delve into it. Projects are available in seven core areas: natural resources, agriculture, communication and expressive arts, family consumer sciences, health and wellness, leadership and sciences engineering and technology. Kentucky 4-H ensures every member finds a project that ignites their curiosity.

Once a 4-Her selects a project, they embark on a journey of skill mastery and personal growth. Throughout the project year, these young individuals acquire specialized knowledge and develop essential life skills such as public speaking, record-keeping and decision-making. These invaluable skills will serve them well in their future endeavors, enabling them to become confident and capable community leaders.

The Kentucky State Fair, Aug. 17-27, is a significant platform for 4-H members to showcase their completed projects and compete with their peers. This year's fair will feature a diverse array of 4-H project work, from livestock exhibits in the West Hall to the innovative projects in Cloverville displayed in the South Wing. The fair provides an excellent opportunity for fairgoers to witness these 4-Her's creativity, dedication and hard work.

All 4-H'ers who have their projects displayed at the county, regional, or state fair are considered winners in their own right. Every 4-H member's journey is a testament to their growth, resilience and commitment to personal development.

Kentucky 4-H invites the public to attend the Kentucky State Fair to witness the exceptional project work of these talented young individuals.

For more information about 4-H projects and other topics, contact the Greenup County Cooperative Extension Service.



FISHING DERBY



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



**SPONSORED BY GREENUP COUNTY 4-H
AND GREENBO LAKE STATE PARK
SATURDAY, JULY 22ND**

GREENBO LAKE STATE PARK BOAT RAMP AREA

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

8:00 AM- REGISTRATION

8:30 AM- FISHING

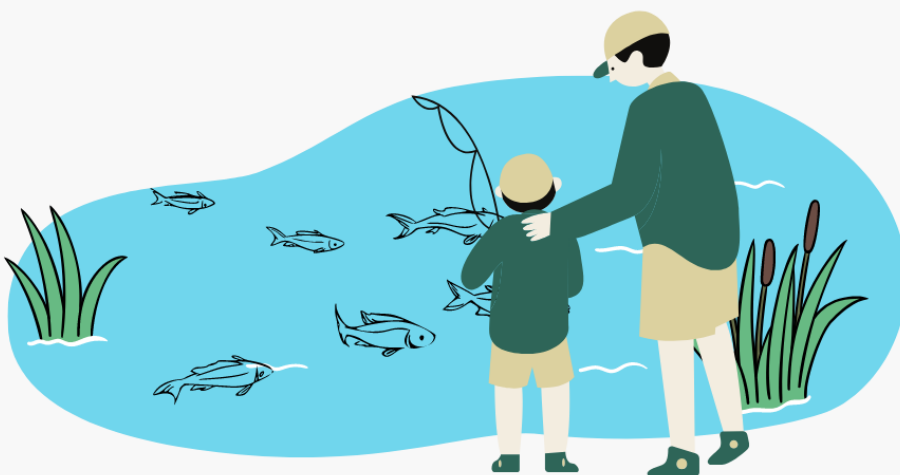
11:30 AM- CASTING CONTEST & WEIGH FISH

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

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



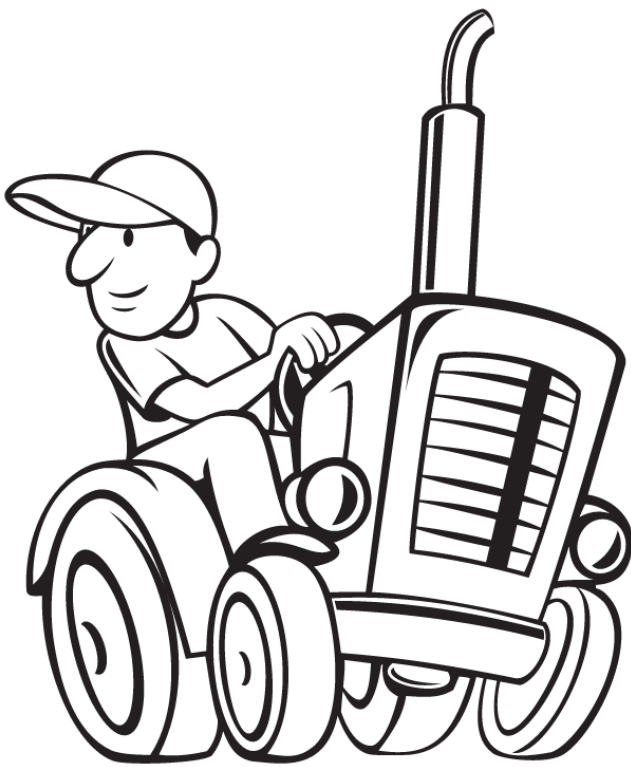
Disabilities
accommodated
with prior notification.



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



4-H Youth Development



SAVE THE DATE!

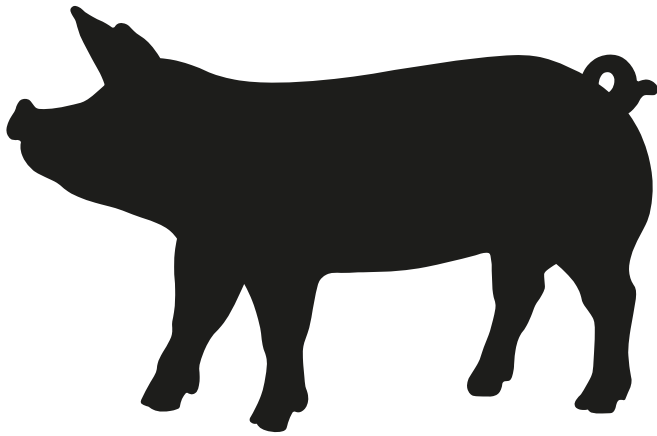
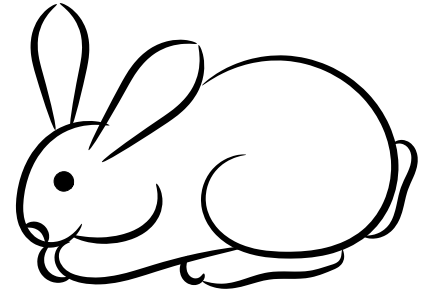
**The Area Tractor
Driving Contest will
be on July 25th in
Fleming County!**

**More details coming
soon!**

Rain date- July 27th.



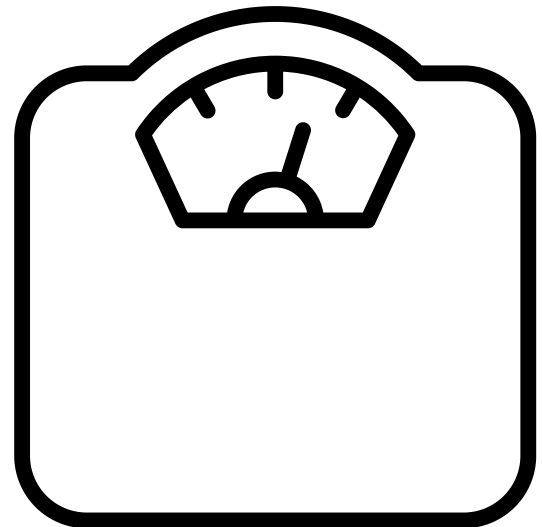
**Weigh-in for rabbits
July 20th 6-8pm
Extension Office**



**Hog Waterer
Workshop
July 20th 6-8pm
Extension Office**

We will be building hog waterers that are provided to youth during the county fair.

**Feeder Pig
Weigh-in
TBA
Fairgrounds**





County Fair Schedule

Sunday, August 27th

- Final weigh-in and record sheets are due @ Fairgrounds

Monday, August 28th

- Livestock Judging and Booth set-up

Tuesday, August 29th

- Beef- AM
- Poultry & Rabbits- PM
- Enter Exhibits

Wednesday, August 30th

- Swine Show and Showmanship- AM

Thursday,
August 31st

- Lamb and Goats- AM
- Round Robin will follow after goats

Friday, Sept 1st

- Special Needs Day

Saturday, Sept 2nd

- Livestock Sale

Sunday, Sept 3rd
Animal load-out and pen cleaning



Greenup Co. 4-H Shirt Sale



100%

Benefits the Harold Rice Memorial Endowment Fund

**Can be purchased in-person at the
Greenup Co Extension Office & Greenup Co Farm Bureau Greenup Office**



SUPER SOFT!



\$20

\$25 – limited quantity

Available in youth and adult sizes

**Credit Card payment can be made by
following this QR code and donating
directly to the endowment.**

**Checks should be made to:
Greenup County 4-H**





YOUTH

HEALTH BULLETIN



JULY 2023

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:

THE 5 S'S OF SUN SAFETY



There are so many fun activities to do in the summer! From sports such as soccer, baseball, and pickleball to cooling off with water activities such as swimming, canoeing, and playing in a backyard sprinkler. Being active outside is a great time!

When you are going to spend time outside, remember to protect your skin from the hot summer sun. Over time, the sun can hurt your skin. What might seem like a minor chore now can save your skin a lot of pain later.

Continued on the next page →



Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day.



→ Continued from the previous page

The National Health Service suggests remembering the 5 S's of Sun Safety to protect skin from sunburn and damage:

- 1. Slip:** Slip on a shirt or cover-up if you are not in the water. Wear a swimming rash guard with sleeves to prevent too much of your skin from being exposed to the sun. One of the best ways to protect your skin from the sun's rays is by covering up. Try to choose clothes you cannot see through. It has the best sun protection.
- 2. Slop:** Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day. Use plenty and reapply often on all of your skin that doesn't have clothes on it. Ask for help reaching areas like your shoulders, back, and face so you do not miss any spots!
- 3. Slap:** Slap on a hat to shield your face and head. There are lots of hats that have wide brims and can help add extra protection for your neck, ears, and back of your head if you have short hair.
- 4. Slide:** Slide on sunglasses to help protect your eyes from sun damage.
- 5. Shade:** Try to stay in shaded areas when the sun is at its strongest. In Kentucky, the sun is strongest from 11 a.m. to 3 p.m. every day. When you take a break from playing outside, look for a place to rest that is shielded from

the sun. Find shade under a tree, porch, pavilion, wide umbrella, or in a tent!

As you are racing out the door to have fun outside this summer, remember to "slip, slap, slop, slide, and shade!"

REFERENCE:

<https://www.southwestlondon.icb.nhs.uk/news/slip-slap-slop-slide-and-shade-five-sun-safety-ss-for-hot-sun>



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)





4-H Ukulele Club

WHERE Greenup Extension Office
35 Wurtland Avenue, Wurtland

WHEN The first Monday of each month
Beginning February 6th, 2023
Arrival 5-5:30, Meeting 5:30-6:30PM

Contact the office for more info!
606-836-0201



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

If you are interested, you can still enroll in the Ukulele Club!



APPLE BERRY SALSA WITH CINNAMON CHIPS



Apple Berry Salsa

- 1 medium granny smith apple
- ¾ cup strawberries
- 1 small orange
- ½ can crushed pineapple
- ½ tablespoon brown sugar
- 1 tablespoon orange juice

1. Wash, core and dice apple, with peel.
2. Wash, hull and dice strawberries.
3. Wash, peel and dice orange.
4. Pour pineapples in a bowl along with the apple, strawberries and orange. Stir gently.
5. In a small separate bowl, mix orange juice and brown sugar with a fork until combined.

6. Pour over fruit and refrigerate while making cinnamon crisps.

Makes 12 servings

Serving size: 3 tablespoons

Nutrition facts per serving:

30 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 8g carbohydrate; 1g fiber; 7g sugar; 0g protein.

Cinnamon Chips

- 12 (8-inch) fat-free tortillas
- 2 teaspoons cinnamon
- ¼ cup sugar
- Vegetable cooking spray

1. Preheat oven to 350 degrees.
2. Spray each side of tortillas with vegetable spray.
3. Sprinkle with cinnamon and sugar.
4. Cut into 4 wedges.
5. Place on baking sheet. Bake 10 minutes.

Makes 12 servings

Serving size: 4 chips

Nutrition facts per serving:

150 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 320mg sodium; 27g carbohydrate; 0g fiber; 4g sugar; 4g protein.



Greenup County Extension Service
35 Wurtland Avenue
Wurtland, KY 41144

Sincerely,

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

Presley Adkins-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).