

Bourbon County 4-H Newsletter



FEBRUARY 2024



UK Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service
Bourbon County
603 Millersburg Road
Paris, KY 40361
(859)987-1895

HAPPY FEBRUARY!!

I hope this newsletter finds you happy and healthy! There are several 4-H events listed in this newsletter, read carefully so as to not miss a thing!

BAD WEATHER POLICY

**Don't forget!
4-H Bad Weather Policy**

4-H LIVESTOCK CLUB

NEXT MEETING—FEBRUARY 20TH, 6:30 pm at Extension Office

Guest Speaker: Dr. Gregg Rentfrow, UK Extension Meat Specialist

REMEMBER: ANYONE WHO PLANS TO EXHIBIT ANIMALS WHO IS NOT FFA AGE, MUST GET 6 HOURS OF EDUCATION FROM OUR LIVESTOCK CLUB. HOURS MUST BE COMPLETED BY MAY 1

NO EXCEPTIONS

If you have any questions please feel free to contact us at 859-987-1895.



BOURBON BULLETS SHOOTING SPORTS FIRST MEETING

**Thursday, February 8
6:30 p.m.**

**Bourbon County Fairgrounds
30 Legion Rd, Paris, KY 40361**

- Introductions
- Information
- STEM activity

NOTE:

The second meeting will be Thursday, March 14 6:30 p.m. | Bourbon County Fairgrounds



Lois Carter

Lois Carter
County Extension Agent
for 4-H Youth Development



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

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Disabilities accommodated with prior notification.



COMING IN MARCH

4-H SEWING

Beginner—Advanced
Ages 9—19

Please call 859-987-1895 or email lcarter@uky.edu to be placed on the registration list.

4-H COOKING

Open to 4th grade and above

Please call 859-987-1895 or email lcarter@uky.edu to be placed on the registration list.

CLOVERBUDS

NEXT MEETING:

MONDAY, FEBRUARY 12, 6:00 PM
CANE RIDGE ELEMENTARY CAFETERIA

PROGRAM: Presidents Day and Valentines for Bourbon Heights

Please call 859-987-1895 or email lcarter@uky.edu to register

BACKPACKS FOR HUNGER

The Bourbon County Nutrition Education Program is working to reduce hunger for children in our county. Our program purchases and distributes food to Paris/Bourbon County Resource Centers. The food is packed in a small bag and dropped into the child's back pack. The bags go home with the students at the end of the week. If you would like to contribute, please contact our office for a list of items needed or consider a monetary donation to purchase items. Thanks so much for helping the children of our community. For more info, contact 859-987-1895.

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

FEBRUARY STEM CLUB

FEBRUARY 15, 2024
4:00-5:30 PM
BOURBON COUNTY
EXTENSION OFFICE

4th-8th graders are invited to join our STEM Club. Each month participants will conduct hands on experiments.

All participants must RSVP to (859) 987-1895 by Noon on February 12th, 2024

603 MILLERSBURG ROAD, PARIS KY 40361

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, religion, gender, disability, or national origin.

To initiate a complaint at the college level, contact Tim West in the Business Office at 859-257-3879. At the University level, Terry Allen and Patty Bender in the UK Office of Institutional Equity and Equal Opportunity (859-257-8927) may be contacted. Additionally, employee or clientele complaints involving any research or extension sponsored program or activity may be directed to the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington DC 20250-9410 (202-720-5964).

Save the Date

4-H CAMP
July 8-11,
2024

Registration opens first of March

Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

SAVE THE DATE: 4-H CLOVERBUD CAMP
June 28-30, 2024

Open to Youth 6-8



FEBRUARY 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>

NAME County Extension Office
000 Street Road
City, KY
Zip (000) 000-0000

THIS MONTH'S TOPIC LIMIT CAFFEINE

energy drink?

nope!
I'm good.

Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.



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Kids should mostly drink water throughout the day and milk with meals.

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People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- Mountain Dew (12-ounce can): 55 mg
- Coca-Cola (12-ounce can): 34 mg
- 7-Up (12-ounce can): 0 mg
- Red Bull Energy Drink (8.3 ounces): 80 mg
- Brewed coffee, drip method (5 ounces): 115 mg
- Iced tea (12 ounces): 70 mg
- Dark chocolate (1 ounce): 20 mg
- Milk chocolate (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:
<https://kids.wahealth.org/en/kids/caffeine.html>

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ADULT
HEALTH BULLETIN

