### **Bourbon County 4-H Newsletter**



### FEBRUARY 2024





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!



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### **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.

Martin-Gatton



### **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

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

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### **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.

### **BACKPACKS FOR HUNGER**

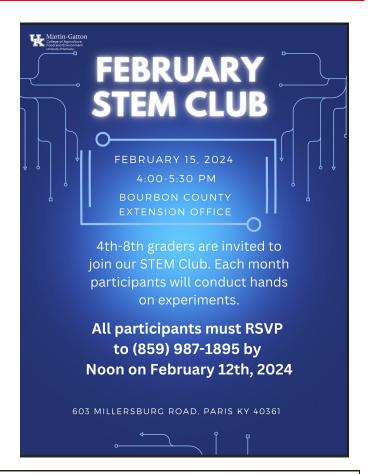
The Bourbon County Nutrition Education Program is working to reduce hunger for children in our county. Our program purchases and distributes food to Paris/Bourbon County Resource Centers. The food is packed in a small bag and dropped into the child's back pack. The bags go home with the students at the 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.

### **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



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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).



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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.





# HEALTH BULLETIN



FEBRUARY 2024

Family Caregiver Health Bulletins: Download this and past issues of the Adult, Youth, Parent, and http://fcs-hes.ca.uky.edu/ content/health-bulletins

Extension Office NAME County

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000 Street Road City, KY

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

## Continued from the previous page

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



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DRINKING

Good idea.



Mountain Dew (12-ounce can): 55 mg . Coca-Cola (12-ounce can): 34 mg

you start to feel very tired or sleepy later on; or

racing heart. People with heart problems

should not drink caffeine at all.

give you a stomachache, headache, or

shake, or you may not feel like you can sit still; make it hard to fall asleep, which might mean

 make you feel nervous, jittery, or jumpy. Your hands may

- 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

don't need it. Kids under 12 should skip drinks with

Caffeine isn't a nutrient, like calcium, so you

than about 100 mg a day. So how much caffeine

caffeine altogether. Teens should not get more

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

https://ladshealth.org/en/lads/caffeine.htm



Chris Ware (© University of Kentucky School of Human Designed by: Rusty Manseau Edited by: Alyssa Simms Written by: Katharina Jury, MS

### THIS MONTH'S TOPIC

## **JIMIT CAFFEINE**

100 O 1'N GOOD

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









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