



# JULY 2025



Cooperative  
Extension Service

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359

## 4-H Youth Development Newsletter

Hello 4-H Members and Families,

It's hot out there! Get your sunscreen and exhibits ready, it's time for the fair! Make sure you look at the fair schedule to see when the major events are. We have fair books ready for pick-up at the Extension Office. Stop by and pick up your copy, so you're ready to enter your exhibits!

Exhibits will be accepted on July 7<sup>th</sup> from 9am - 12pm.

In this issue, you will find:

- Youth Health Bulletin
- July Club Information
- 4-H Project Day Information
- Owen County Fair Information
- July 4-H Calendar
- And more!



If you have any questions, feel free to reach out by phone at (502) 484-5703 or by email at [bgcharles@uky.edu](mailto:bgcharles@uky.edu).

From campfires to county fairs, our 4-H youth are shining bright his July!



Bryce Charles



Bryce Charles  
Owen County  
4-H Youth Development Agent



Alissa Scheidt  
Owen County  
4-H/ANR Program Assistant

### Contact us:



(502) 484-5703



[owen.ca.uky.edu](http://owen.ca.uky.edu)



[facebook.com/OwenCounty4H](https://facebook.com/OwenCounty4H)

**4-H**  
**GROWS HERE**

View all Extension newsletters at

[owen.ca.uky.edu/newsletters](http://owen.ca.uky.edu/newsletters) for all program areas!

### 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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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# OWEN COUNTY KY FAIR WEEK EVENT SCHEDULE

Midway open Tuesday, July 8, through Saturday, July 12, 2025

ADMISSION TO THE OWEN COUNTY FAIR IS \$15  
GATE FEE IS NOT REFUNDABLE FOR ANY REASON.

NO REFUND ON ENTRIES/ADMISSION FOR BAD WEATHER OR CANCELLED EVENTS.

## SUNDAY, JULY 6

6:30pm Owen Countian of the Year^  
7pm Area-Wide Worship Service^

## MONDAY, JULY 7

9am-12pm Enter Exhibits+  
2pm Judging of Food Exhibits Only +  
5pm Sheep Show Weigh-In\*  
6pm Sheep Show\*

## TUESDAY, JULY 8

10am Judging of Remaining Exhibits+  
5pm Small Animal Show Check-In\*  
6pm Small Animal Show\*  
6pm Family Fun Night Events^  
Lucy K McCoy Fair Family Award^  
6pm Mother of the Year#  
6pm Mrs/Ms Owen County Pageant\$  
6:30pm Little Prince/Princess Pageant#  
7pm Swine Show Weigh-In\*  
8pm Swine Show\*

## WEDNESDAY, JULY 9

5pm, Goat Show Weigh-In\*  
6pm, Goat Show\*  
6:30pm, Baby Pageant#  
7:30pm, Miss Teen Pageant\$  
7:30pm, Top Dog Demo Derby^

## THURSDAY, JULY 10

10am-12pm Carnival Sunshine Day  
Rides are free for our special friends.  
6pm Pre-Teen Owen County Pageant\$  
6pm KITPA Truck Pull^  
6:30pm Little Mister/Miss Pageant#

## FRIDAY, JULY 11

6:30pm Pinewood Derby+  
7pm Children's Pet Show\$  
7pm TNT Truck Pull^

## SATURDAY, JULY 12

8am 4H & FFA Open Beef Weigh-In\*  
9am 4H & FFA Open Beef Show\*  
9am-12pm Pick Up Exhibits+  
1pm 4H & FFA Open Dairy Weigh-In\*  
2pm 4H & FFA Open Dairy Show\*  
7:30pm Miss Owen County Pageant\$  
Becky Duvall Service Award\$  
7:30pm Top Dog Demo Derby^

## LOCATION KEY

\* Owen County Fairgrounds Livestock Barn  
\$ Owen County Fairgrounds Park Pavilion  
+ Owen County Fairgrounds Exhibit Building  
^ Owen County Fairgrounds Arena  
# Wyatt Cole Entertainment Pavilion





# OWEN COUNTY FAIR

## July 8-12th

### EXHIBITS SCHEDULE

July 7<sup>th</sup> ALL EXHIBITS  
9am-12pm

July 12<sup>th</sup> PICK UP EXHIBITS  
9am-12pm



## LIVESTOCK SHOWS

Show	Superintendent	Date	Weigh In Time	Show Time
4-H & FFA Open Sheep Show	Brian Forsee (502) 682-0686	Monday, July 7th	5:00 PM	6:00 PM
4-H & FFA Small Animal Show	HeidiJo Maddix	Tuesday July 8th	5:00 PM	6:00 PM
4-H & FFA Open Swine Show	Asa Phillips (859) 743-1447	Tuesday, July 8th	7:00 PM	8:00 PM
4-H & FFA Open Goat Show	Sawyer Williams (502) 330-1745	Wednesday, July 9th	5:00 PM	6:00 PM
4-H & FFA Open Beef Show	Jeff Wright (502) 750-1933	Saturday, July 12th	8:00 AM	9:00 AM
4-H & FFA Open Dairy Show	Dickie Sparrow	Saturday, July 12th	1:00 PM	2:00 PM



For more information on fair events  
follow Owen County KY Fair at  
[facebook.com/owencountykyfair](https://www.facebook.com/owencountykyfair)



Contact the Extension Office for  
the 4-H categories or download  
by scanning QR code.





# Country Ham Cleaning

Get your hams ready for the county fair!  
**Cloverbuds and 4-H members**

**Tuesday, July 1st**  
**5 PM – 6:30 PM**

**Owen County Extension Office**

Join us for an educational evening focused on preparing your Country Ham Project for the county fair!

**4-H members:** You'll clean both hams and select your best ham for fair entry.

**Cloverbuds:** You'll clean your country ham for fair entry.

*Photos will be taken of all participants with their selected ham to display at the county fair. Be sure to bring a change of clothes. Wear attire that you feel appropriate when you would give your speech.*

**\*This meeting will fulfill 1 hour of the 6 hours of required education.**

## Make An Accessory Bag

**Wednesday, September 3rd**  
**3:15 - 5:00 PM**

**This project is for all levels of sewing participants.**





# Northern Kentucky

4-H Shooting Sports



## INVITATIONAL

# August 9, 2025

**Hosted by Boone, Carroll, Grant, and Kenton, Counties**

**Location:** Curtis Gates Lloyd Wildlife Management. Area  
230 Gardnersville Rd, Crittenden, KY 41030-8309

**Top overall individual score in each discipline gets a Molly's belt buckle**  
**1st, 2nd, & 3rd place individual awards in each age bracket and discipline**  
**Top overall team award in each discipline**  
**On event day the 1st 200 participants can pick up a free t-shirt at sign-in**

Shotgun      Archery      .22 Sport Rifle

**Sign in for archery & rifle: 7:30-11:00 am**

**Trap squad schedule will be emailed to participants  
prior to event Trap limited to first 125 registrants.**

**Shooting begins at: 8:00 am**

### Cost

**Trap: 50 targets \$25 100 targets \$35**

**Archery & rifle \$15 per event**

**Deadline to preregister: July 25, 2025**

**Contact: bc4hsharpshooter@gmail.com**



**Cooperative  
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Family and Consumer Sciences  
4-H Youth Development

**OWEN COUNTY 4-H NEWSLETTER**

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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## WIN \$500!

The Kentucky Department of Agriculture is excited to launch the Friends of Kentucky Agriculture Specialty License Plate Contest with Kentucky 4-H and Kentucky FFA Association.

This contest is open to current 4-H and FFA members or any student interested in agriculture! Submit your original photography, digital, or hand-drawn artwork that includes the 4-H, FFA, and Kentucky Proud logos.

 **Deadline: September 5, 2025**

 **\$500 cash prize to the winning design!**

 Enter at [kyagr.com/agfriends](https://kyagr.com/agfriends)

This brand-new plate will be available to all Kentucky drivers who want to show their support for agriculture, not just production farmers. Proceeds will benefit 4-H, FFA, and Kentucky Proud programs across the state.

The current Farm License Plate will still be available for eligible farmers, and we encourage continued renewal of that plate! The new Friends of KY Agriculture plate is an exciting option for Kentuckians who are proud to support the future of ag. We are excited to roll out the new Friends of Ag plate in 2026!

# DESIGN THE PLATE THAT DRIVES AGRICULTURE

**\$500**  
CASH PRIZE

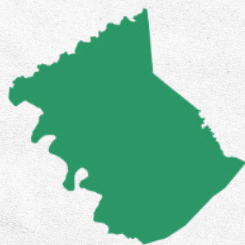


FRIENDS OF AGRICULTURE LICENSE PLATE DESIGN CONTEST



# 4-H Achievement Banquet

JOIN US AS WE CELEBRATE THE SUCCESSFUL COMPLETION OF THE 2024-2025 4-H YEAR!



**OWEN COUNTY EXTENSION OFFICE**

**THURSDAY, OCTOBER 16**

**6:30 PM**

**AWARDS!**

**MEMBER PINS!**

**GIFTS!**



# GIANT PUMPKIN & CARVING CONTEST

**Stop by the Owen County Extension  
Office to pick up FREE giant pumpkins  
seeds by Monday, June 30th**

**Grow and submit your two best pumpkins!  
One for the giant pumpkin weigh in and  
the other for the carving contest. Submit  
each pumpkin to the Owen County  
Extension Office by Friday, October 17<sup>th</sup>.**

**WINNERS WILL BE ANNOUNCED  
AT THE COUNTY TRUNK OR TREAT**

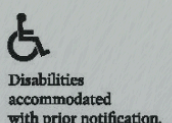
**ALL PUMPKINS MUST BE  
PICKED UP BY 4:00 PM ON  
MONDAY, OCTOBER 27TH**

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# 2025-2026 4-H Clubs

## **Cloverbuds**

- Fun for the whole family! Bring your 5-8 year old and get introduced to the world of 4-H through the lens of each of our 4-H clubs. There's a fun age-appropriate activity each month led by our Cloverbuds volunteer, Sam!

## **Cooking Club**

- An essential life skill, and a great place to learn it! Learn to read recipes, practice essential cooking skills, make recipes to enter into the county fair and compete in the 4-H Culinary Challenge. Are you the next Gordon Ramsay? Learn with our Cooking Club volunteer, Courtney!

## **Country Ham**

- Love a country ham? Learn the curing process from start to finish! You will cure two green country hams from start to finish, and select your best looking ham to show at the County and State Fair. Plus, you'll get to keep yours hams to eat! Get started with our Country Ham volunteer, Pam!

## **Discover 4-H**

- Not sure where to start? This club gives you a safe space to explore all of the opportunities 4-H has to offer, while not committing to a club for a year! Learn essential leadership, communications, and life skills with our Discover 4-H volunteer, Pam!

## **Horse Club**

- Love horses? This is the perfect club for you! Learn the basics of caring, riding, and showing horses and more! You aren't required to own a horse to participate in this club led by our Horse Club volunteer, Jessi!

## **Livestock Club**

- Want to show livestock? Want to participate in the Livestock Show and Sale? This is the perfect club for you! Learn the basics of caring for livestock and how to be a good showman. Rack up those education hours to be eligible to show at the KY State Fair with our Livestock Club leader Mallory!

## **Thrilling Threaders Club**

- Interested in embroidery and hand-stitching? Want to learn to make beautiful designs using just a needle and thread? Come learn this essential life skill with us!

## **Sewing**

- Be a fashion superstar! Learn the fundamentals of sewing. All projects are based off of age and sewing experience. Make your own clothing and accessories! Come learn more in January with meetings led by our Master Clothing Volunteer, Julie!

## **Shooting Sports**

- Jump into one of our many offered disciplines of Shooting Sports, including: Archery, Pistol, Riflery, Muzzleloader, and Shotgun! Each discipline is supervised by our State Trained Coaches. Learn how to safely handle a firearm, identify the different types of firearms and their uses, and participate in local and state competitions!

## **Small Animals**

- Chickens, Rabbits, and Geese, Oh my! Learn about the basics of caring for our smaller farmland friends, how to show them, and more. Get hands-on experience with our Small Animal Club Leader, Heidi Jo!

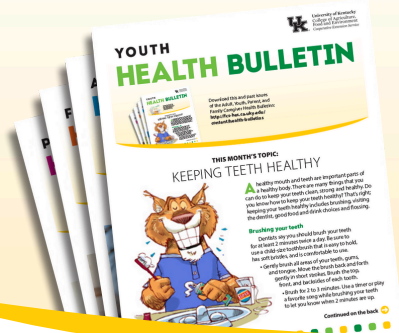
## **Teen Council**

- Interested in becoming a local teen leader? Join our teen council to develop leadership skills and serve the needs of your community with our 4-H Agent, Bryce!



# YOUTH

# HEALTH BULLETIN



**JULY 2025**

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)

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703  
[owen.ext@uky.edu](mailto:owen.ext@uky.edu)

## THIS MONTH'S TOPIC

## WATER FOR WELLNESS



**W**ater is everywhere! It is in lakes and rivers, in the pipes in our homes, and even in the clouds. But did you know that water is also inside our bodies? About 60% of our bodies are made of water! Isn't that cool?

That is why drinking water is so important. Our bodies need a lot of water to work well. Water makes up more than half of our body weight, and without it, we cannot live for more than a few days. Why is water so important? Our bodies have many jobs to do, and water helps us do them. For example, our blood has

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a lot of water in it, and it carries oxygen to all the tiny parts of our body. Without oxygen, those parts would not work, and we would not be able to live.

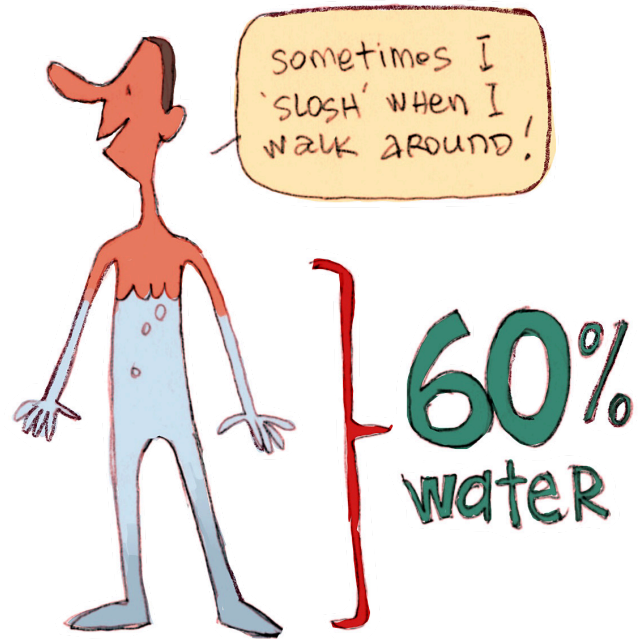
Water is also important for our immune system, which helps us fight off sickness. We need water to digest our food, make energy, and get rid of waste. Plus, sweat is mostly water, which helps keep our bodies cool.

So, how much water should you drink? Generally, children over the age of 8 should drink at least 8 cups of water per day. You will need to drink more water if you are sick, exercising, or spending time outside in hot weather.

That may sound like a lot, but drinking some throughout the day, with meals and snacks, and anytime you feel thirsty, should go a long way to accomplishing this goal. It is also important to drink water before and after exercising, playing sports, or playing outside when it is hot. It may be helpful to carry a water bottle with you when you go to school, play sports, or go outside to play.

Here are some other tips to help you drink enough water every day:

- **Place your water bottle in a place where you will remember to take it with you.** It might be helpful to have a water bottle for



school to keep in your backpack. Remember to take it out to clean and refill it at night.

- **If you prefer to drink cold water, add ice!** Using an insulated or metal water bottle will also help keep your water cold.
- **Make water your drink of choice at meals, instead of soda or juice.** To flavor your water, try adding fruit like berries or melon, vegetables like cucumbers, or herbs like mint.
- **Try to habit-stack.** For example, every time you finish brushing your teeth, drink a small cup of water.
- **Some people find it easier to drink more out of a straw.** If you struggle to drink enough water out of a bottle or cup, try using a straw.

Remember, your body needs water throughout the day to stay healthy and hydrated, to feel its best, and to grow. So, drink up!

**REFERENCE:**

<https://kidshealth.org/en/kids/water.html>

**Written by:** Katherine Jury, Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:** Chris Ware  
Illustrations © University of Kentucky  
School of Human Environmental  
Sciences

# JULY 2025

All club meetings will be held at the Extension Office unless stated otherwise.

Stayed informed by following our Owen County 4-H Facebook page, checking emails and text notifications from 4-H online, and visiting our Extension website for the latest program updates!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2	3	4	5
					OFFICE CLOSED <b>HAPPY</b> 4 <sup>TH</sup> of JULY	
6	7 Enter Exhibits 9 AM -12 PM Shooting Sports  6 PM Elk Creek Hunt Club & Resort 	8	9	10	11 Owen County Farm & Craft Market  10 AM - 1 PM	12 Pick Up Exhibits 9 AM -12 PM
Owen County Fair						
13	14 2025-2026 4-H Enrollment Forms  Pickup at Owen CES	15	16	17	18 Owen County Farm & Craft Market  10 AM - 1 PM	19 
20	21 Shooting Sports  6 PM Elk Creek Hunt Club & Resort	22	23	24	25 Owen County Farm & Craft Market  10 AM - 1 PM	26
27	28	29	30	31	1 Owen County Farm & Craft Market  10 AM - 1 PM	2





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Owen County Cooperative Extension  
265 Ellis Road  
Owenton, KY 40359



Bryce Charles

4-H Youth Development Agent

# GREAT OUTDOORS QUESADILLAS



PLAN.  
EAT.  
MOVE.

## Ingredients:

- 4 (8-inch) whole wheat tortilla
- 1 cup reduced fat shredded cheddar cheese
- 1 cup diced vegetables
- Non-stick cooking spray
- Salsa

## Directions:

1. Tear off four squares of heavy-duty aluminum foil and spray the shiny sides with cooking spray.
2. Place one tortilla on each square. Sprinkle  $\frac{1}{4}$  cup cheese and  $\frac{1}{4}$  cup vegetables on half of each tortilla. Fold tortilla in half.
3. Fold foil to make packets. Cook on a hot campfire, grill or tin can stove until the cheese is melted, 3 to 5 minutes, turning once. Or, to bake the quesadillas in the oven, preheat the oven to 375° F. Put the foil packets on a baking sheet and bake until warmed through and the cheese is melted, about 10 minutes.
4. Slice quesadillas into wedges and serve with salsa.

## Tips:

For vegetables, good choices include black beans, whole kernel corn, black olives, tomatoes, bell peppers, onions, spinach, mushrooms; sauté vegetables ahead of time, if desired.