



SEPTEMBER NEWSLETTER

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

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2024-2025 4-H CLUBS

The following clubs listed are offered due to community volunteer leaders in Owen County. (Note we are seeking volunteers for the following clubs: Cooking Club, Outdoor Adventure, STEM, and Teen Council.) If interested, please contact Owen County Cooperative Extension Service at (502) 484-5703. It wouldn't be possible without each of them.



STOP BY THE EXTENSION OFFICE OR VISIT THE WEBSITE OWEN.CA.UKY.EDU FOR THE 2024-2025 ENROLLMENT FORMS!



Support the local 4-H youth at Sweet Owen Day! Visit the 4-H council booth to pick up or pre-order a t-shirt, ornaments, or a caramel apple bowl for sweetness! Both youth and adult sizes available in t-shirts! Ornaments can be customized too! Can't make it to the event? No problem, simply call the Owen County Extension Office to place your order or email owen.ext@uky.edu Your generosity helps fund valuable programs for local youth. Don't miss out--support 4-H today!

Special thanks to Youngs Screen Printing!



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Disabilities accommodated with prior notification.

YOUTH GOAT SHOW

KENTUCKY STATE FAIR 120
120 Years 120 Counties



4-H GROWS HERE

CONGRATULATIONS TO JEREMIAH AND JOSIAH JURY!
JEREMIAH PLACED 1ST AND 5TH, WHILE JOSIAH CAME IN 9TH AND 11TH IN THEIR CLASSES.



YOUTH SHEEP SHOW

KENTUCKY STATE FAIR 120
120 Years 120 Counties



4-H GROWS HERE

WHAT AN EXCITING TIME FOR GRAHAM AND WYATT KING AS THEY SHOWED AT THE STATE FAIR FOR THE VERY FIRST TIME! GRAHAM EARNED 2ND PLACE IN THE NOVICE MARKET CLASS & WYATT SECURED 5TH PLACE IN SHOWMANSHIP FOR HIS AGE DIVISION.



KENTUCKY 4-H COUNTRY HAM PROJECT



KENTUCKY STATE FAIR 120
120 Years 120 Counties



JOSIE COLLIGAN
CHARLEIGH WRIGHT
GRAYSON OLDS
AUSTIN BOURNE
MAX WEBSTER
KARALINE HOLLAR

4-H GROWS HERE

A BIG SHOUT OUT TO OUR MEMBERS WHO COMPLETED THEIR COUNTRY HAM PROJECT AND DELIVERED THEIR SPEECHES AT THE STATE FAIR! CONGRATULATIONS TO CHARLEIGH WRIGHT AS SHE PLACED SECOND IN THE 2008 SPEECH DIVISION! BIG THANKS TO OUR COUNTRY HAM PROJECT LEADERS TOO!



KENTUCKY STATE HORSE SHOW 2024

KENTUCKY STATE FAIR 120
120 Years 120 Counties



4-H GROWS HERE

CONGRATULATIONS TO OUR VERY OWN, CHARLEIGH WRIGHT! DURING THE STATE HORSE SHOW, SHE PLACED FIRST IN GROUND HANDLING AND FOURTH IN SHOWMANSHIP.



JR DAIRY CATTLE SHOW

CONGRATULATIONS TO BROOX & BRAX WARD! BROOX WON 1ST PLACE IN THE KENTUCKY PROUD 3-YEAR-OLD JERSEY CATEGORY, AND BRAX WON 1ST PLACE IN KENTUCKY PROUD SUMMER YEARLING AND 2ND PLACE IN AGED COW. THE WARD BROTHERS ALSO TOOK 1ST PLACE IN BEST BRED AND OWNED WITH THE 3-YEAR-OLD COW.



YOUTH SHEEP SHOW

GRAYSON AND EMERSON KNOCKED IT OUT OF THE PARK! EMERSON PROUDLY SECURED 2ND PLACE IN SHOWMANSHIP FOR HER AGE GROUP AT THE YOUTH SHEEP SHOW DURING THE FABULOUS 120TH KENTUCKY STATE FAIR!



YOUTH SWINE SHOW

CONGRATULATIONS TO OUR VERY OWN, AMOS PHILLIPS! AMOS PLACED 3RD OVERALL IN BOTH BERKSHIRE AND POLAND CHINA BREEDS.



YOUTH LAMB SHOW

TALON WILSON GETTING HIS LAMB READY FOR SHOWMANSHIP. TALON ENJOYED HIS TIME SHOWING AT THE STATE FAIR. WE ARE PROUD OF THE DEDICATION AND TIME SPENT PREPARING!



4-H STATE FAIR CLOVERVILLE EXHIBITORS

Easton Baldwin
 Lockett Beckham
 Austin Bourne
 Ariel Brooks
 Elli Colligan
 Josie Colligan
 Clairra Cope
 Harley Delaney
 Lorelei Graves
 Ella Hanson
 Ben Hearn
 Karaline Hollar
 Lila Hooperton
 Molly Hooperton
 Mahia Jansen



Jeremiah Jury
 Josiah Jury
 Addison Martin
 Bryar Nunnelley
 Dylan Nunnelley
 Emerson Olds
 Grayson Olds
 Emily Rodamer
 Olivia Taylor
 Max Webster
 Jaxon Wenstrup
 Katie Wenstrup
 Addison Wilhoite
 Charleigh Wright

4-H STATE SHOOTING SPORTS COMPETITION



CLASS CHAMPIONS

Senior Mask

Addison Wilhoite



Red Clover Hay

Easton Baldwin



Senior Resume

Charleigh Wright



Natural Resources Photography

Olivia Taylor






GET THE SCOOP ON 4-H

Get the scoop on 4-H!! Join us on Thursday, September 26th at 6:30 PM at the Owen County Extension Office. An ice cream bar will be served as you explore 4-H clubs and project opportunities! Call (502) 484-5703 to REGISTER!



 Cooperative Extension Service



SEPTEMBER 26

6:30 PM

OWEN COUNTY COOPERATIVE EXTENSION

265 ELLIS ROAD

OWENTON, KY 40359

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

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, 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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

YOUTH

HEALTH BULLETIN



SEPTEMBER 2024

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

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

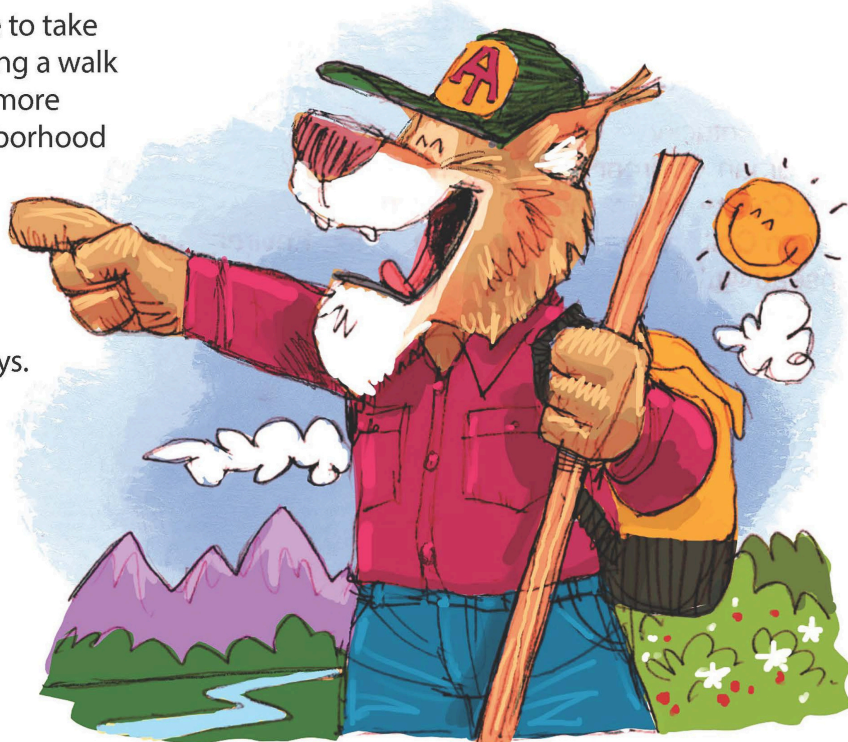
(502)484-5703
owen.ext@uky.edu

THIS MONTH'S TOPIC

STEP INTO NATURE: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and



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Disabilities accommodated with prior notification.

While you are hiking, try to identify trees, bushes, or animals that you see along the way.

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lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the "leave no trace" rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

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Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)

4-H SEWING PROJECT DAY

Zip It Up!

Make a small zippered bag that is perfect for pencils, travel, personal care items, cosmetic bag, or a gift. Easy to follow sewing instructions.



Monday, October 7th
12 PM -4 PM

CALL (502)484-5703 TO REGISTER!

- * Must have completed Unit I Sewing (skirt or pajama bottoms)
- *Please eat before. Snacks will be provided.



COUNTRY HAM DINNER FUNDRAISER



More details to come!



HUNTERS EDUCATION COURSE



SCAN ME

- *Must be 9 years old to register
- *Adult required to attend

November 2ND 8:00 AM - 5:00 PM

**THIS TRAINING COURSE INCLUDES
EDUCATION AND RANGE PRACTICE ALL IN
ONE EVENT!**

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accommodated
with prior notification.

ACHIEVEMENT 101

Join us on Monday, October 14th at 6:30 PM at the Owen County Cooperative Extension Service for an informational meeting on requirements to apply for 4-H achievement.

Clover Level 1

Clover Level 2

Clover Level 3

Bronze

Silver

Gold

Emerald

4-H ACHIEVEMENT PROGRAM HELPS YOUTH STRIVE FOR EXCELLENCE

4-H encourages young people to set and achieve their goals. To that end, Kentucky 4-H created the Achievement Program to reward ambitious and accomplished young people throughout the state. In the highly competitive program, young people receive recognition and prizes for their accomplishments in 4-H and their community.

Recognition is given based on points attained through Kentucky 4-H and includes the county levels of Clover Level 1, Clover Level 2, Clover Level 3 and statewide levels of Bronze, Silver, Gold and Emerald. 4-H'ers can start accumulating points as soon as they join 4-H at 9 years of age, in the following areas: leadership, civic engagement, communication and marketing, community action, and involvement and participation. They can accumulate points throughout their 4-H career.

Clover Levels 1, 2 and 3 focus on a 4-H'ers participation in 4-H projects, programs, activities and events, and leadership and citizenship experiences. To reach these milestones, the participant must attain at least 25, 50 and 75 points, respectively in the Achievement Program. Competitive medal levels of Bronze, Silver, Gold and Emerald are cumulative of a 4-Her's participation in the program and strive to recognize the best young leaders in Kentucky 4-H through interviews and scoring processes.

Bronze Level candidates accumulate 100 points through their 4-H work, participation and leadership and are evaluated by their district. Each district awards only 15 Bronze Level Medals every year.

The Silver Level offers an opportunity for youth to expand their involvement into the areas of leadership and communications, while earning a minimum of 150 cumulative points in the program. In addition to this extensive work, each district can only nominate 15 applicants. Those applications are evaluated at the state level with only a maximum of 60 medalists each year.

To reach the Gold Level, participants must not only achieve 200 cumulative points in their 4-H career, each youth must pass a rigorous district and state evaluation and interview on the state level. The interview accounts for 60%, and application is 40% of their overall score. Only 30 Kentucky youth are selected each year. As a part of the Gold Level award, each honoree receives a partial scholarship to attend National 4-H Congress Conference, in Atlanta.

Once 4-H'ers reach the Gold Level, they can apply for the Emerald award. It is the highest level in the Achievement Program. Of the applicants, 20 youth are invited to interview and present a cover letter and resume for the Emerald Award. Only four young people receive this honor each year.

County deadlines are approaching for participation in the Achievement Program. For more information, contact your Owen County Extension office of the University of Kentucky Cooperative Extension Service.

Kim Leger, Kentucky 4-H youth development specialist

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



OWEN COUNTY YOUTH LIVESTOCK SHOWCASE & AUCTION

OCTOBER 3, 2024 | OWEN COUNTY EXTENSION OFFICE

6:30 PM

Save the Date



COME OUT & SUPPORT
OWEN COUNTY 4-H
AND
FFA MEMBERS

Livestock youth...Be on the lookout for more details on the Livestock Showcase & Auction! A committee member will contact you with information on potential buyers, etc!

hello
F A L L
September 22nd

UPCOMING MEETINGS

Extension District Board
Tuesday, September 17th
5 PM at Extension Office

4-H Council
Tuesday, September 17th
6:30 PM at Extension Office

County Extension Council
Thursday, October 17th
6:30 PM at Extension Office

SEPTEMBER CLUB MEETING DATES

CLOVERBUDS (Ages 5-8)	9.16.2024 6 PM
DISCOVER 4-H (Ages 9-18)	9.10.2024 6:30 PM
*HORSE CLUB (Ages 9-18)	9.10.2024 6 PM
TEEN COUNCIL (Ages 14-18)	9.16.2024 5 PM

*Please call the Extension Office for location
Cloverbuds, Discover 4-H, & Teen Council
will meet at the Extension Office



APPLE CRUMB DESSERT



Ingredients:

- Nonstick cooking spray
- 4 medium apples for baking
- 1/2 cup quick-cooking oatmeal (uncooked)
- 1/4 cup light or dark brown sugar, packed
- 2 teaspoons cinnamon
- 1/3 cup 100% apple juice

Directions:

1. Move the oven rack to the center of the oven. Preheat the oven to 350° Fahrenheit
2. Spray the bottom and sides of a 9 inch square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples start to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.