



# OWEN COUNTY 4-H

# NEWS

## APRIL 2024




**David Gabbard**  
Owen County  
4-H Youth Development

If you haven't picked up a 4-H Camp Application do so now, we are filling more and more spots everyday! Be sure to look at page 6 & 7 for more details!

Be sure to check out the calendar for upcoming events and club meetings. Also, follow Owen County 4-H on Facebook for updates! 4-H online is also being utilized to send out emails if there is a change in time or location for club meetings. Be sure to check out the details on page 4 for Family Game Night on Thursday, March 11th! 4-H Sewing will be the entertainment at the Mother's Day Tea as they showcase their completed projects in the Fashion Revue. See page 3 for more details! Save the Date for the 4-H Achievement Banquet for all Cloverbuds and 4-H'ers on Thursday, May 9th at Owen County Extension Office. Lastly, check out the NEW event that's being added to the Owen County fair ...Pinewood Derby on page 10!

As always feel free to reach out with any questions by phone at 502.484.5703 or email [David.gabbard@uky.edu](mailto:David.gabbard@uky.edu)



 <p><b>HEAD</b></p>	 <p><b>HEART</b></p>	 <p><b>HANDS</b></p>	 <p><b>HEALTH</b></p>
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### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification.



Cooperative Extension Service



# 4-H FAMILY

# GAME NIGHT

**THURSDAY  
11 APRIL  
4 PM TO 7 PM**

**Owen County Public Library**  
1370 Highway 22 East  
Owenton, KY 40359



Come join the Owen County 4-H family in this FUN FAMILY GAME NIGHT at the Library!! This is open to ALL community members!!



502.484.5703



david.gabbard@uky.edu

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# Mother's Day Tea

**Saturday, May 11th**

**2:00 pm**

**Owen County Extension Office**

**Cost: \$15**

**MUST register by Wednesday, May 1st  
(502) 484-5703**



4-H Sewing members will be the entertainment at the Mother's Day Tea as they showcase their completed projects in the Fashion Revue.

# 4-H Sewing

April 1st  
12:00 PM - 5:00 PM



April 3rd  
10:00 AM - 5:00 PM

**\*\*These sewing dates are ONLY for 4-H'ers completing sewing projects for the year!**

Owen County Cooperative  
Extension Service

# CLOVERBUDS

## APRIL 8TH

OWEN COUNTY COOPERATIVE  
EXTENSION SERVICE



# DISCOVER 4-H

## April 9th 6:30 PM

Owen County Cooperative Extension Service



# 4-H SHOOTING SPORTS



April 15  
6 PM

Elk Creek Hunt Club & Resort  
1860 Georgetown Road  
Owenton, KY 40359

# 4-H SHOOTING SPORTS



April 29  
6 PM

Elk Creek Hunt Club & Resort  
1860 Georgetown Road  
Owenton, KY 40359

# HORSE CLUB



Owen County Cooperative  
Extension Service

April 18  
6:30 PM

# LIVESTOCK CLUB



April 18  
6:30 PM  
Owen County Cooperative  
Extension Service

# OUTDOOR ADVENTURE

May 2  
6:30 PM  
Owen County Cooperative  
Extension Service

2024

# 4-H Achievement Banquet

Thursday, May 9th

6:30 PM

Cloverbuds & 4-H 'ers

Owen County Cooperative  
Extension Service

**\*Please RSVP (502) 484-5703 by  
Thursday, May 2nd**



# 4-H CAMP

**June 24-28**

**2024**

**Ages 9-14**

**\$ 300 (per camper)**

**Ages 15-17**

**\$150 (per camper)**

**\*\* Adult Counselors Needed \*\***

**Applications are available at the Owen County schools as follows Lower Elementary, Upper Elementary, High School OR stop by the Owen County Cooperative Extension Service! Please submit the application back along with full payment no later than Monday, June 3rd. Make checks payable to Owen County 4-H Council**

**Call (502) 484-5703 with any questions you have or  
email [david.gabbard@uky.edu](mailto:david.gabbard@uky.edu)**

**SAVE THE DATE**

# ORIENTATION

**Junior & Adult  
Counselors  
ONLY**

**Saturday, May 4  
10 AM**

**Kenton County Extension Office  
10990 Marshall Road  
Covington, KY**

**Monday, May 20**

**6:30 PM**

**Owen County Extension Office**

**4-H Campers  
ONLY**

**Thursday, May 30**

**6:30 PM**

**Owen County Extension Office**

**MANDATORY FOR ALL CAMPERS & PARENT/GUARDIAN TO ATTEND**

**Please call (502) 484-5703  
to REGISTER!**

# YOUTH HEALTH BULLETIN



**APRIL 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>

Owen County Cooperative Extension Service  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703

## THIS MONTH'S TOPIC

# WATCH OUT FOR EYE INJURIES

**Y**our eyes are a very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page ➔



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Disabilities accommodated with prior notification.



# If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

➔ Continued from the previous page

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT  
RESPONSE  
IS VERY  
IMPORTANT!



If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

#### REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



## 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)



# PINEWOOD DERBY

**SAVE THE DATE**

**DEADLINE to REGISTER  
Friday, May 3rd!**

**Friday, July 5th  
6 PM**

**Call (502) 484-5703 to sign up!  
KITS are LIMITED!!**

**\*\*Must be 9 by January 1st\*\***

**Owen County Fair  
Exhibit Hall**



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# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  4-H Sewing 12 - 5 PM Extension Office	<b>2</b>    	<b>3</b>    	<b>4</b>    	<b>5</b>    	<b>6</b>    
<b>7</b>	<b>8</b> Cloverbuds 6 PM Extension Office	<b>9</b> Discover 4-H 6:30 PM Extension Office	<b>10</b>	<b>11</b> 4-H Family Game Night 4-7 PM Public Library	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Shooting Sports 6:00 PM Elk Creek Hunt Club	<b>16</b> 4-H Council Meeting 6:30 PM	<b>17</b>	<b>18</b> Horse Club 6:30 PM Extension Office Livestock Club 6:30 PM Extension Office	<b>19</b>	<b>20</b> C7/C8 Area Communications Competition 9:30 AM Registration 10 AM Contest Begins St. Catherine of Siena School
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Shooting Sports 6:00 PM Elk Creek Hunt Club	<b>30</b>	<b>1</b>	<b>2</b> Outdoor Adventure 6:30 PM Extension Office	<b>3</b>	<b>4</b> Junior & Adult Counselor Orientation 10 AM Kenton County Extension Office <b>MANDATORY</b>



# Martin-Gatton

College of Agriculture,  
Food and Environment

Owen County Cooperative Extension Service  
265 Ellis Road  
Owenton, KY 40359

**David Gabbard**  
County Agent for 4H Youth Development

## Lean Green Lettuce Tacos

<b>8</b> large lettuce leaves	<b>¾ pound</b> extra lean ground beef	<b>1 tablespoon</b> finely chopped cilantro
<b>1½ cup</b> cooked brown rice	<b>1</b> small zucchini, chopped	<b>1 teaspoon</b> lime juice
<b>¾ cup</b> fresh corn kernels	<b>1 ounce</b> packet low-sodium taco seasoning	<b>1</b> tomato, chopped
<b>1 cup</b> canned black beans, drained and rinsed	<b>4 ounces</b> low sodium tomato sauce	<b>1</b> small red onion, chopped
<b>1 tablespoon</b> olive oil		

**Wash and dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

**Yield:** 8 servings

**Nutritional Analysis:** 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

