



AUGUST 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,

We're in the dog days of summer! I hope everyone is staying cool as we move into everyone's last few days of Summer Break. Back to School season is upon us!

Be sure to stop by the Extension Office to pick up your 2025-2026 Enrollment Forms or visit our website for the fillable document at

<https://form.platoforms.com/frv2jzpemzz>

Everyone will need to re-enroll for the next program year, preferably before the end of the month.

Be sure to save the date! October 16th is our 4-H Achievement Banquet. Fill out the Achievement form and return it to the Extension Office so we can make sure you are recognized for all of your hard work this year!

I am so proud of each and every one of our 4-Hers that put something in the County Fair, and I am so excited to see our kiddos compete at the State Fair! Congratulations to everyone that is going, I can't wait to see how everyone does!

As summer winds down, 4-H spirit keeps growing—here's to a strong finish and a fresh start!

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

 facebook.com/OwenCounty4H


4-H GROWS HERE

View all Extension newsletters at
owen.ca.uky.edu/newsletters for all program areas!

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

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

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

SKILLFUL 4-H WORK TAKES THE SPOTLIGHT AT KENTUCKY STATE FAIR

Source: Kimberly Schrader, extension specialist, 4-H Youth Development

Kentucky 4-H youth will be showcasing their hard work and talents at the upcoming 2025 Kentucky State Fair, to be held August 14–24 at the Kentucky Exposition Center in Louisville. This annual event marks the culmination of months of dedication through 4-H project work in counties across the Commonwealth.

A 4-H project is more than just a hobby—it's a hands-on learning experience that empowers youth to explore their interests while developing essential life skills. Kentucky 4-H offers a wide variety of project opportunities for young people to pursue in seven core areas: natural resources; agriculture; communication and expressive arts; family and consumer sciences; health and wellness; leadership; and science, engineering, and technology.

Throughout the year, 4-H members spend six or more hours working individually or in clubs to master specific skills within their chosen project area. Along the way, they gain valuable competencies, such as public speaking, record-keeping, and decision-making, that lead to 4-H members who thrive and are beyond ready for what the future may hold.

The Kentucky State Fair serves as the pinnacle event for 4-H project work every year. Youth who earn champion status at the county level are invited to compete at the state level, where their projects are displayed for thousands of fairgoers to admire—from livestock exhibits in the West Hall to creative arts and STEM displays in Cloverville, located in the South Wing.

"All 4-Hers who participate in county, regional, or state fairs are winners," said Kimberly Schrader, extension specialist for 4-H Youth Development. "They walk away with more than ribbons—they gain confidence, skills, and a sense of accomplishment that lasts a lifetime."

All members of the public are invited and encouraged to visit the 4-H Cloverville exhibit during the fair to celebrate the achievements of Kentucky's youth and to learn more about the impact of 4-H in their local communities.

Make An Accessory Bag

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

This project is for all levels of sewing participants.





 **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

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

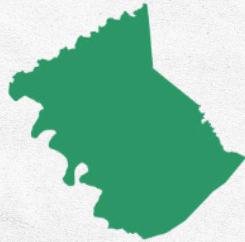


FRIENDS OF AGRICULTURE LICENSE PLATE DESIGN CONTEST



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!



Cooperative
Extension Service



HUNTERS EDUCATION COURSE

This training course includes education and range
practice all in one event!

Participants must be 9 years of age by the date of the course.

OWEN COUNTY COOPERATIVE EXTENSION OFFICE

OCTOBER 25TH
8:00 AM - 5:30 PM



SCAN QR CODE
TO REGISTER

YOUTH HEALTH BULLETIN



AUGUST 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)

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THIS MONTH'S TOPIC

THE VALUE OF FRIENDSHIP

Making and having friends is important because it helps us feel happy, learn new things, and grow into strong, confident people. Friends help us feel like we belong. They can support us when we feel lonely or sad. Friendship also teaches us how to share, solve problems, and understand how others think. These skills are important for getting along with others and doing well in school. As we grow up, these same skills help us make decisions about the kind of job we want, the relationships that are important to us, and our values.

Research shows that kids who have friends are more likely to enjoy school and do better in their classes. On the other hand, children who don't have friends may feel anxious or avoid school. Having friends also helps us feel



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accommodated
with prior notification.

One good way to make new friends is to join activities like sports, clubs, or school events.

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good about ourselves and gives us more chances to help others. Overall, making and keeping friends is a big part of growing up happy and healthy.

Friends can cheer you up when you're feeling sad, help you when you're having a hard time, and cheer with you when things go well. Friendships teach you how to be kind, fair, and honest. Sometimes friends might fight but learning to say "I'm sorry" or forgive someone is part of being a good friend. It's also OK if not every friendship lasts forever — people change, and that's normal. What matters most is treating others with respect and finding friends who do the same. Good friendships help you feel safe, happy, and confident as you grow up.

So, how do you make new friends? If you overthink this, it can feel harder than it is. The best way to make a friend is to be a friend!

You can make new friends by being kind, open, and willing to try new things. One good way is to



join activities like sports, clubs, or school events where you can meet other kids who like the same things. Saying "hi," inviting them to play a game or do an activity together, or giving a compliment can help start a conversation. You can also make friends by helping others, sharing, or being a good listener. It's important to smile, take turns, and show interest in what others are doing or saying. Being friendly and showing respect makes others feel comfortable and more likely to want to be friends. Even if it feels a little scary at first, trying to talk to someone new can lead to a great friendship!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/books/NBK225544>

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Illustrations © University of Kentucky
School of Human Environmental Sciences



AUGUST 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 Owen County Farm & Craft Market 10 AM - 1 PM	2
3	4 Country Ham Cleaning for 4-H and Cloverbud Members 9AM-5PM Shooting Sports 6 PM Elk Creek Hunt Club & Resort	5 Country Ham Cleaning for 4-H and Cloverbud Members 9AM-5PM	6	7	8	9 NKY Shooting Sports Competition 8 AM Curtis Gates Lloyd WMA
10	11	12	13	14	15 Owen County Farm & Craft Market 10 AM - 1 PM	16
17	18 Shooting Sports 6 PM Elk Creek Hunt Club & Resort	19	20	21	<div> <div></div> <div>Kentucky State Fair</div> <div></div> </div>	
24	25	26	27	28	29 Owen County Farm & Craft Market 10 AM - 1 PM	30
31	1	2 Small Animals Club 6:30 PM Owen CES	3 4-H Sewing Project Day 3:15 PM Owen CES	4	5 Owen County Farm & Craft Market 10 AM - 1 PM	6



**Scan QR Code to
Enroll for the 2025-
2026 program year!**

*Paper applications available at the
Extension Office*

Bryce Charles

4-H Youth Development Agent

BBQ BEEF SANDWICHES

MAKE AHEAD BEEF MIX

Ingredients:

- 4 pounds lean ground beef
- 4 medium onions, chopped
- 2 ribs celery, chopped
- 1 green pepper, chopped
- 2 cans (15 ounce each) no-salt-added tomato sauce
- 1 tablespoon garlic powder
- 2 tablespoons Worcestershire sauce
- 1 teaspoon black pepper
- 1 teaspoon salt, optional

Directions:

1. Wash hands with warm water and soap, scrubbing for 20 seconds.
2. Wash produce under cool running water, rubbing to remove dirt. Dry. Cut to prepare for the recipe.
3. In a large skillet or pot, cook ground beef, onions, celery, and green pepper on medium-high heat. Break up meat as it cooks.
4. Rewash hands after handling raw meat.
5. Cook until the ground beef reaches an internal temperature of 160 F as measured on a heat thermometer.
6. Drain excess fat.
7. Return beef to the pan and add remaining ingredients. Simmer for 15 minutes.
8. Remove from heat and allow it to cool for about 20 minutes. Pack into 1 cup freezer containers, label, date, and place in the freezer for up to four months.
9. Use this beef mix to prepare other recipes. Thaw in refrigerator overnight or microwave to use in the recipes.

BBQ BEEF SANDWICHES

Ingredients:

- 1 cup Make Ahead Beef Mix, thawed
- 2 tablespoons barbecue sauce
- 2 thin whole-wheat hamburger buns

Directions:

1. Wash hands with warm water and soap, scrubbing for 20 seconds.
2. Heat beef with barbecue sauce in saucepan or in the microwave until simmering.
3. Divide beef mixture and serve on hamburger buns.
4. Refrigerate leftovers within 2 hours.

**PLAN.
EAT.
MOVE.**