



Owen County  
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Owenton, KY 40359

(502) 484-5703  
owen.ca.uky.edu

# OWEN COUNTY 4-H

# NEWS

# SUMMER 2024



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

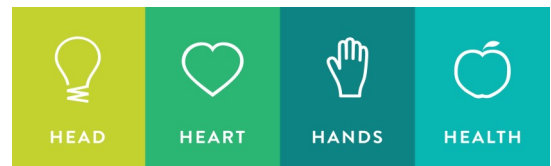
I hope that everyone is having a good summer and enjoying the warm weather! We had a RECORD YEAR at 4-H Camp this summer, setting the attendance record for Owen County with 101 individuals attending! Please review this newsletter for upcoming events, or to see highlights from some of our summer programs!

I wanted to let you know that this will be my last newsletter as the 4-H Agent for Youth Development, in Owen County. As of August 1, 2024, I will be taking a similar role in Lincoln County as the 4-H Youth Development Agent. The decision to transfer was one that was difficult. I am beyond thankful to have spent the last 4 years working with you and your families. To say that I would forget my time or experiences in Owen County would be far from the truth. This place, YOU ALL, and the memories I will take with me are ones that I will forever cherish. I have been in contact and planning with the other staff here at the Extension Office, as well as club leaders and volunteers to ensure that Owen County 4-H will continue to succeed in the absence of a 4-H Agent. I personally want to send the biggest thank you to everyone for making me feel so welcome during my time here in Owen County. I look forward to seeing youth from here grow and do amazing things in life and 4-H. I will see you all around! It's not goodbye, it's just see you later!

During the transition phase, please continue to follow Owen County 4-H Facebook page for updates. Also, be on the lookout for emails from 4-H online with club meetings and events for the upcoming program year. Remember the new program year begins in September. All returning and new members will need to enroll for 2024-2025! Kendal Bowman, Owen County Agriculture & Natural Resources Agent will be covering until a new agent is hired. As always, please call the Extension Office with any questions you have (502) 484-5703.

Sincerely,

David Gabbard



**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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# 4-H SUMMER CAMP SPARKS MORE THAN JUST A CAMPFIRE



In the heart of every child lies a spark waiting to ignite—a passion for learning, exploring, and growing. Since the mid-1960s, Kentucky 4-H summer camps have been nurturing this curiosity, fostering skills that extend far beyond crafts and campfires. Rooted in the 4-H Thriving Model developed by Oregon State University professor Mary E. Arnold and Clemson University assistant professor Ryan J. Gagnon, these camps are not just about fun in the sun; they are gateways for personal development and community engagement.

At the core of 4-H summer camps is the belief that every young person has the potential to thrive. By blending hands-on activities with mentorship and leadership opportunities, these camps create an environment where youth can discover their strengths and cultivate new passions. Whether through environmental classes, STEM challenges, or outdoor adventures, campers are encouraged to explore diverse interests, building confidence and resilience along the way.

One of the standout benefits of attending a Kentucky 4-H summer camp is its approach to education. Campers engage in experiential learning that emphasizes critical thinking, teamwork, and problem-solving—skills that are crucial for success in today’s world. By participating in activities aligned with their interests, youth develop a deeper understanding of themselves and their place in the community, fostering a sense of belonging and purpose.

The 4-H model thrives on hands-on learning and mentorship, creating a supportive ecosystem where youth can flourish. Volunteer camp counselors, in many cases former campers themselves, serve as role models, inspiring the next generation through their dedication and passion for service. This mentorship extends beyond the summer months, with many campers continuing their involvement in 4-H clubs and programs throughout the year.

Kentucky 4-H summer camps provide a unique opportunity for youth to connect with peers from diverse backgrounds. By fostering friendships and teamwork, camps promote empathy and cultural understanding, preparing youth to become responsible global citizens. These friendships often blossom into lifelong connections, enriching both personal and professional networks as campers grow into adulthood.

The benefits of attending a 4-H summer camp extend far beyond the memories made and the skills learned during a single camp session. They plant seeds of curiosity, nurture the spark of potential, and empower youth to thrive in all aspects of life. As we look to the future, investing in Kentucky 4-H summer camps not only enriches the lives of individual campers but also strengthens our communities.

To learn more about 4-H camp opportunities, contact the Owen County Cooperative Extension Office of the University of Kentucky Cooperative Extension Service.

*Source: Joey Barnard, principal specialist, camping, 4-H Youth Development*



2024



**TOP INDIVIDUAL**  
LOCKETT BECKHAM

**TOP FAMILY**  
JEREMIAH JURY  
JOSIAH JURY

**HAZEL JO ARNOLD**  
CHRIS DAVIS

# ART

## TOP EXHIBITORS

1. ELLA HANSON
2. JEREMIAH JURY

## BEST OF SHOW

- ELLA HANSON  
LOU TAYLOR

# CANNED FRUITS & VEGETABLES

## TOP EXHIBITORS

1. PAT WRIGHT
2. CONNIE GAYLE

## BEST OF SHOW

- EMERSON OLDS  
LAURA SHARP

# CLOTHING

## TOP EXHIBITORS

1. ARIEL BROOKS
- BARBARA CRAIGMYLE
- PAM PENN

2. JULIE DONAHUE
- PAT WRIGHT

**BEST OF SHOW**  
BARBARA CRAIGMYLE

# CULINARY

## TOP EXHIBITORS

1. JULIE DONAHUE
2. BEVERLY COLEMAN

## BEST OF SHOW

- JULIE DONAHUE

# FARM CROPS

## TOP EXHIBITORS

1. BARRETT BALDWIN
2. BRIAN RIDDLE

## BEST OF SHOW

- BARRETT BALDWIN



# FLOWERS

## TOP EXHIBITORS

1. EMERSON OLDS
2. AUBREY KENDALL

## BEST OF SHOW

INDIVIDUAL: BECKY SHRYOCK  
THEME & DESIGN: EMERSON OLDS

# GARDEN CROPS

## TOP EXHIBITORS

1. ROGER PERKINS
2. GRAYSON OLDS

## BEST OF SHOW

- ROGER PERKINS



# AGRICULTURAL EDUCATION

## TOP EXHIBITORS

1. Lyla Wilson
2. Brody Hearn

## BEST OF SHOW

- BRODY HEARN

2024 OWEN COUNTY FAIR EXHIBIT RESULTS

# HANDICRAFT

## TOP EXHIBITORS

1. JOSIAH JURY
2. JEREMIAH JURY

## BEST OF SHOW

JEREMIAH JURY  
CINDY PELKEY

# HOMEMAKERS

## TOP EXHIBITORS

1. CHRIS DAVIS
2. KATHY COLLINS

## BEST OF SHOW

BEVERLY KINCAID



# KNITTING & CROCHETING

## TOP EXHIBITORS

1. KATHY SPAULDING
2. KITTY CAMMACK

## BEST OF SHOW

KITTY CAMMACK



# NEEDLEWORK

## TOP EXHIBITORS

1. BEVERLY COLEMAN
2. CINDY PELKEY

## BEST OF SHOW

LUCILE HOWARD

# PHOTOGRAPHY

## TOP EXHIBITORS

1. CALLIE COPE
2. DIANE GLENN

## BEST OF SHOW

JENNY HOPPERTON  
CHARLEIGH WRIGHT



## TOP EXHIBITORS

1. GRAYSON OLDS
2. JEREMIAH JURY
- JOSIAH JURY

## BEST OF SHOW

EMERSON OLDS

# COUNTRY HAM CLEANING



**Tuesday, August 13th**

**6:00-8:00 PM**

**Owen County Cooperative Extension**

AN EQUAL OPPORTUNITY ORGANIZATION

# SHOOTING SPORTS



**JULY 29**  
**AUGUST 12**  
**AUGUST 26**  
**SEPTEMBER 3**

**ELK CREEK HUNT CLUB & RESORT**  
**1860 GEORGETOWN ROAD**  
**OWENTON, KY 40359**



# August 15-25

<b>Date</b>	<b>State Fair Event</b>	<b>Time</b>	<b>Location</b>
Thursday, August 15	4-H Country Ham Registration	8:00 AM	South Wing
	4-H/FFA Dairy Cattle Show	8:30 AM	Broadbent
	4-H Country Ham Judging	9:30 AM	Cloverville
	4-H Country Ham Speeches	9:30 AM	South Wing
	4-H Country Ham Awards	5:30 PM	South Wing
Friday, August 16	4-H/FFA Dairy Cattle Show	8:30 AM	Broadbent
	Holstein, Red & White Jersey	10:00 AM	
Monday, August 19	4-H Goat Showmanship, Commercial Doe Show	4:00 PM	West Hall
Tuesday, August 20	4-H Sheep Showmanship	1:30 PM	West Hall
	4-H Novice Swine Showmanship/Novice Swine	2:00 PM	Broadbent
	4-H Breeding Gilt Show	4:00 PM	Broadbent
	4-H Market Goat Show	4:00 PM	Pavilion
Wednesday, August 21	Market Beef	8:00 AM	Broadbent
	Sheep Exhibitors Meeting	8:30 AM	New Market
	Swine Showmanship	9:00 AM	Swine Barn
	Market Lambs	12:30 PM	Sheep Barn
	Swine Exhibitors Meeting	3:00 PM	Broadbent
Thursday, August 22	Market Hog Show	8:00 AM	Swine Barn
	4-H State Communications Day Champions	10:00 AM	Cloverville
Friday, August 23	Science Engineer & Tech Robotics Competition	10:00 AM	Cloverville
	Novice Swine Showmanship	12:00 PM	Swine Barn
	Novice Market Swine	12:00 PM	Swine Barn

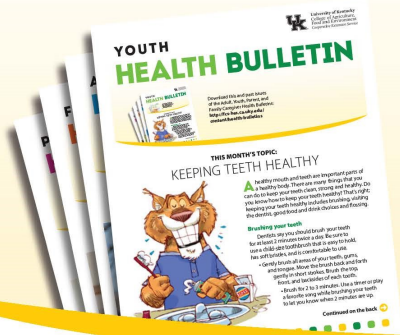






# YOUTH

# HEALTH BULLETIN



JULY 2024

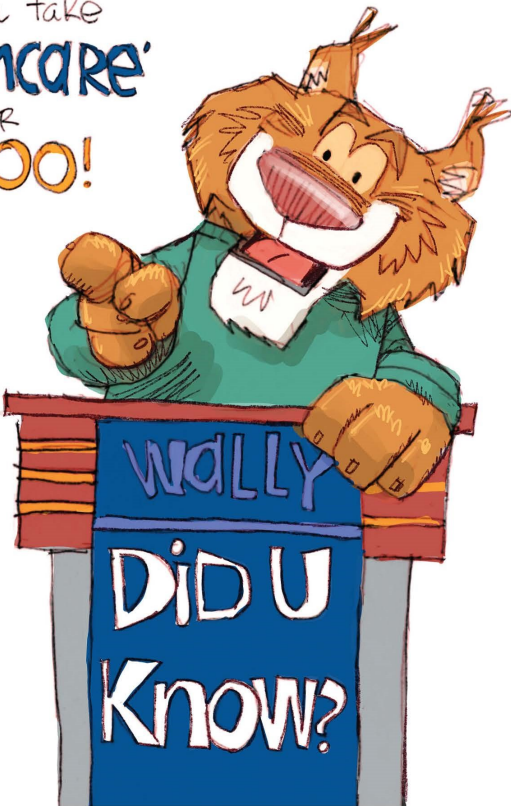
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Owen County Cooperative Extension  
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Owenton, KY 40359  
(502) 484-5703

## THIS MONTH'S TOPIC

# THE BUZZ ABOUT SKINCARE

I'll take  
'Skincare'  
FOR  
\$500!



**W**hat is the biggest organ in your body? You may be surprised to learn that it is your skin! That's right — the cells that cover your body make up your largest organ. There are many amazing facts about your skin and lots of ways to care for it. You may have heard or seen videos or commercials advertising skincare products lately. Maybe your friends have been talking about starting a skincare routine or using a special soap or lotion like they have seen on TV or social media videos.

It IS important to take care of your skin. And making good choices about what kinds of things you use on your skin is important, too! Before you start using a good smelling soap or mixing up a lotion potion of your own, let's talk about skincare safety.

As a kid, you probably don't have wrinkles, sagging skin, or age spots (dark spots that can come up on your skin after lots of time in the sun). Many of the skin products that you may have heard about,

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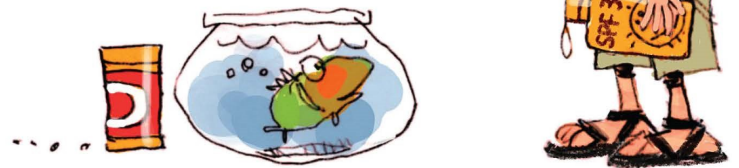
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you probably don't need. The companies that make those products would love for you to buy them because they get more money! But they will not help your skin. What is worse, those products might even hurt your skin. Some products dry your skin out. If your skin does not need to be dried out, it could make your skin itch or get a rash. Other products add oil to your skin. If your skin does not need more oil, it could cause you to have acne or pimples (bumps on your skin that can get infected).

So, what kind of skincare products do you need? There are a few things that could help keep your skin healthy and feeling good. Before you try any of these things, talk to your parent or another grown-up. They can help you pick out a product that is right for you.

- **Sunscreen:** Protecting your skin from the sun is the best way to prevent sunburns, sunspots, and wrinkles in the first place. There are some special kinds of sunscreen that can make it easier to put on your face, like a stick to rub on, or small brush to wipe sunscreen onto your face. Look for sunscreen that has at least SPF 30.
- **Gentle cleanser:** It is important to wash your face every day. While we use soap on the rest of our bodies, there are specific cleaners

FISH  
ARE LUCKY.  
YOU DON'T  
NEED ANY  
SUNSCREEN.



made for faces that are gentle. Use warm water to wet your face, rub the cleanser on in small circles, and always rinse well.

- **Moisturizer:** Like lotion for the rest of your body, moisturizer helps keep the skin on your face from getting too dry or itchy. Unlike lotion that we use on the rest of our body, face moisturizer is not oily. Some people do not need face moisturizer, depending on their skin type.

It is good to want to take care of your skin and your body, to stay healthy and feel your best! Just remember that it probably doesn't take lots of products or a complicated routine to do so. While it may be fun to talk with your friends about what they use to stay healthy, you may not need the same things. Your skin is unique to you, after all!

If you have questions or concerns about your skin, or what products are right for you, talk to your parents or caregiver, or ask your doctor at your next visit.

**REFERENCE:**

<https://kidshealth.org/en/parents/skincare-products.html>

MOM!  
THERE'S NO ROOM  
FOR MY CLEANSER!



**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)





David Gabbard  
4H Youth Development



PLAN.  
EAT.  
MOVE.

# EGG-CELLENT SALAD

## INGREDIENTS:

- 3 hard-boiled eggs
- 1/4 cup plain Greek yogurt
- 1/2 celery stalk, finely chopped
- 1/2 carrot, shredded
- 1 tablespoon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## DIRECTIONS:

1. In a medium-sized bowl, mash the hard boiled eggs using a fork.
2. Add yogurt, celery carrot, mustard, salt, and pepper.
3. Stir until well combined.
4. Refrigerate until cool and serve. (Try serving on whole wheat bread or tomato slices. You can spread some on bell pepper slices for an extra dose of veggies)