



## 4-H Youth Development Newsletter

Hello 4-H Members and Families,

It's time to get busy! Late-spring to summer is the perfect time to get outside, take a walk, and get the creative juices flowing! Start getting together and brainstorming fair entry ideas! Come by the Extension Office and pick up a booklet of entry categories to get started!


In this issue, you will find:

- Youth Health Bulletin
- May Club Information
- 4-H and Cloverbud Camp Updates
- 4-H Project Day Information
- Owen County Fair Information
- May 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).

Hope you have a wonderful start to May and enjoy the longer days ahead.

Informational Meeting & Application  
**COMING SOON!!!**



**OWEN COUNTY**  
**YAIP 2025**  
Youth Agricultural Incentive Program


**Project Areas:**

- ✓ Agricultural Diversification
- ✓ Animal Production
- ✓ Forage & Grain Improvement
- ✓ Showmanship
- ✓ Country Ham Projects

2025 Guidelines: Youth Agricultural Incentives available for pickup at the Extension Office

Questions?  
Emily Godfrey@uky.edu  
(513)535-1817

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
Administered by Owen County 4-H Council



Bryce Charles



**Bryce Charles**  
**Owen County**  
**4-H Youth Development Agent**

### Contact us:



[502-484-5703](tel:502-484-5703)



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



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

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

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

## 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.

# SMALL ANIMALS

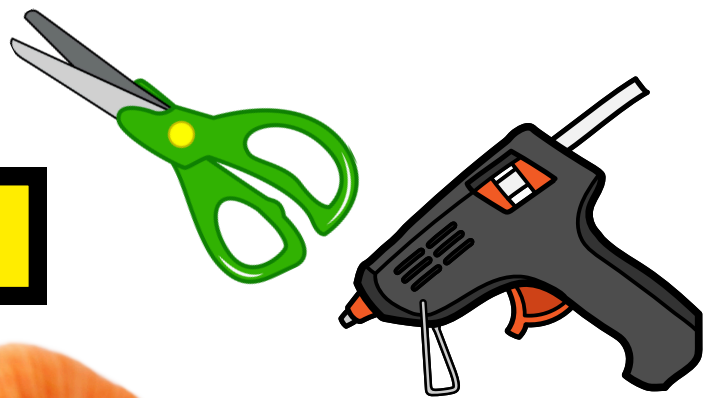
May 6th  
6:30 PM



6 PM

## DISCOVER 4-H

# Craft Club



**May 15th**

**3:30 PM**



# Livestock Club

**May 9th**

**6:30 PM**





# CLOVERBUDS

May 19th | 6:00 PM



# SHOOTING SPORTS

May 12 | 6 pm



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

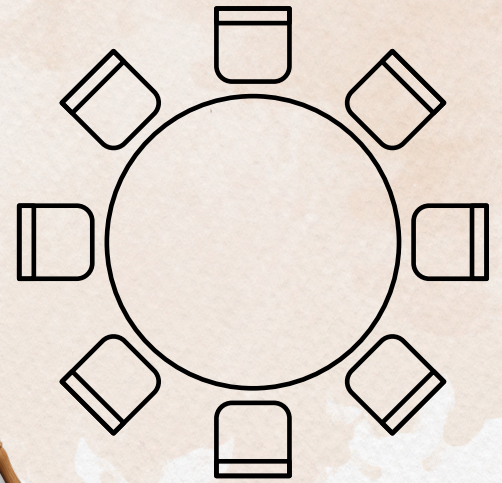
# Teen Council



May 19th      6:30 PM  
Owen County Extension Office



Roberts Rules of Order



## Horse Club

**TBA:**

**Watch Facebook and our  
Website for details to  
come soon!**



# CAMP UPDATES

It's getting closer to camp time every day! Here are some updates for 4-H Summer Camp.

- **Camper Scholarship applications are now available! They are due on June 1<sup>st</sup> 2025!**
- The overall camp theme is Diamond Jubilee! We're celebrating North Central's 60<sup>th</sup> Anniversary all week long! The Sally themes are as follows:
  - Monday: 60<sup>th</sup> Birthday Party
  - Tuesday: Camp in the 1960's
  - Wednesday: Glow Sally/80's Night
  - Thursday: Camp Today!
- Camper Reminder: Both the Camper and the Parent/Guardian must attend one of the two orientation sessions.
  - **Thursday, May 15<sup>th</sup> @ 6:30 PM**
  - **Saturday, May 17<sup>th</sup> @ 2:00 PM**
- Adult/Junior Counselor Reminder: You must attend the AC/JC Training on **Saturday, May 17<sup>th</sup> @ 9:30AM** held at the Owen County Extension Office.

## 4-H SUMMER CAMP

**JUNE 9-13TH**

REGISTER TODAY!!

**AT NORTH CENTRAL  
4-H CAMP**

Camper, Teen Counselor, and Adult Counselor applications are available at the Owen County Extension Office!

**AGE 9-14: \$325 | AGE 15-17: \$163**

**APPLICATIONS DUE MAY 12TH, 2025;  
PAYMENT DUE IN FULL BY MAY 30TH, 2025**

**SAVE THE DATE!**



**JUNE 27-29, 2025**



# CLOVERBUD CAMP UPDATES

We're so excited to be able to offer Cloverbud Camp this year! If you are interested, contact the extension office at (502) 484-5703 and we will get you an application.

Camp Dates: June 27<sup>th</sup> - 29<sup>th</sup>

Camp Fee: \$180

**Applications now available!**



**SAVE THE DATE**

# Sewing Project Days

## OPTION 2

## OPTION 1

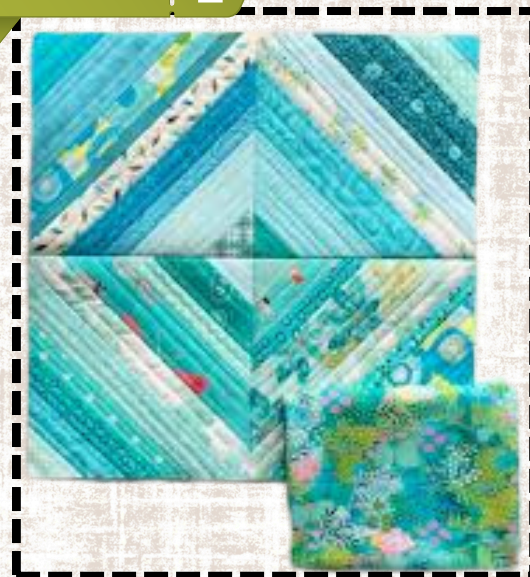


Monday, June 2nd  
12:00 PM - 4:00 PM

Learn how to sew. Make a basic pot holder.

\*Experienced sewing participants are encouraged to help.

**Lunch is not provided.**



Wednesday, June 4th  
10:00 AM - 3:00 PM

Friday, June 6th  
10:00 AM - 3:00 PM

Make a quilted wall hanging.

\*Will need to attend both days to complete the project. Participants must be able to thread a sewing machine and sew a straight stitch.

**Lunch is not provided.**

## OWEN COUNTY FAIR

# July 8-12th

### EXHIBITS SCHEDULE

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

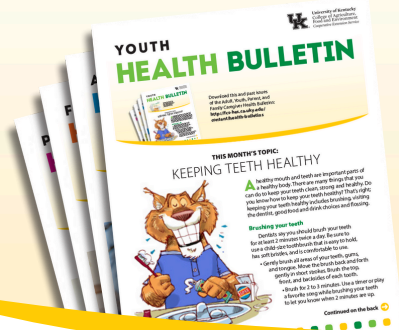
July 12<sup>th</sup> PICK UP EXHIBITS  
9am-12pm

Contact the Extension  
Office for 4-H categories.



# YOUTH

# HEALTH BULLETIN



**MAY 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>

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

## THIS MONTH'S TOPIC CATCH SOME Z'S



**S**leep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

### How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

Continued on the next page ➔

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

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



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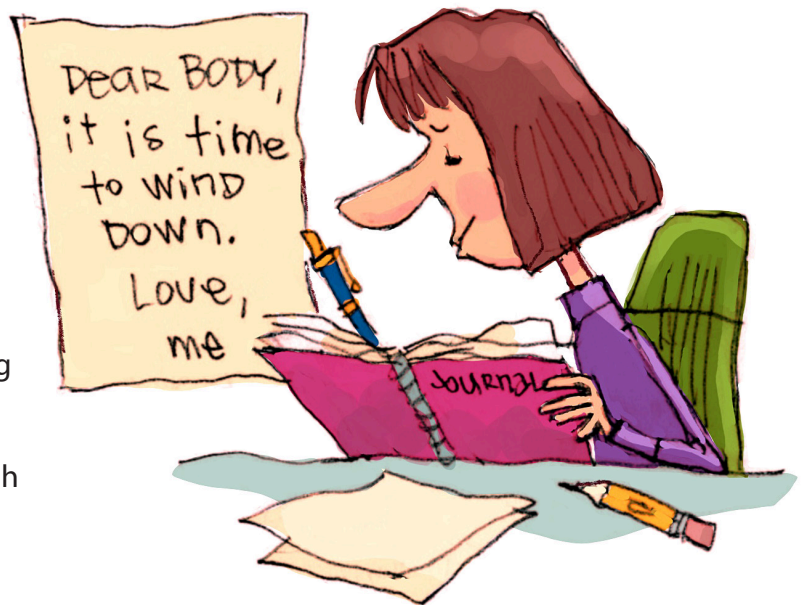
**PAGE 8**

body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
  - Keep your room cool (around 60 to 67 degrees F).



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.
- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinnertime you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

**REFERENCE:**

[https://archive.cdc.gov/www\\_cdc\\_gov/healthyschools/features/students-sleep.htm](https://archive.cdc.gov/www_cdc_gov/healthyschools/features/students-sleep.htm)

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

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:** Chris Ware  
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School of Human Environmental  
Sciences

# Mother's Day Tea



Saturday,  
May 10, 2025

2 PM

OWEN COUNTY EXTENSION OFFICE  
265 Ellis Road  
Owenton, KY 40359

\$7

Kids 5 and under FREE

Must register by

Wednesday, April 30th (502) 484-5703



4-H sewing members will be conducting a Fashion Revue showcasing their recently completed sewing projects.






# MAY 2025

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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!

				1	2	3
4	5	6 Small Animals 6:30 PM	7	8 Livestock 6:30 PM	9 Owen County Farm & Craft Market Opening Day 10 AM	10 <i>Mother's Day</i>  2 PM
11 	12 Shooting Sports 6 PM Elk Creek Hunt Club & Resort	13 Discover 4-H 6:30 PM	14	15 Craft Club 3:30 PM 4-H Camp Orientation 6:30 PM	16	17 Adult Counselor & Junior Counselor Training 9 AM 4-H Camp Orientation 2 PM
18	19 Cloverbuds 6 PM Teen Council 6:30 PM	20 Extension District Board Meeting 5 PM	21	22	23	24
25	26 OFFICE CLOSED  HAPPY MEMORIAL DAY	27	28	29	30	31

Owen County Cooperative Extension  
265 Ellis Road  
Owenton, KY 40359

 Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

## Alpha-Gal Syndrome

This is an informational webinar to help recognize symptoms, take preventive measures, and how to manage the condition if you have been diagnosed with Alpha-Gal Syndrome.

**May 29 | 7:00 PM**

Scan QR code to register for this free webinar.



\*Must have an email address to register. Call the Owen County Extension Office (502) 484-5703 for assistance.



Bryce Charles



4-H Youth Development Agent

# YOGURT FRUIT SMOOTHIE



## Ingredients:

- ¼ cup low-fat light strawberry yogurt
- ⅓ cup non-fat dry milk
- ½ banana
- ¾ cup orange juice
- ½ cup fresh or frozen strawberries

## Instructions:

1. Place all ingredients into a blender or food processor and blend until smooth.
2. Serve immediately.

150 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 32g total carbohydrate; 2g fiber; 24g total sugars; 0g added sugar; 6g protein; 10% Daily Vitamin D; 15% Daily Value calcium; 0% Daily Value iron; 8% Daily Value potassium.

PLAN.  
EAT.  
MOVE.