



GROWING
KENTUCKY 4-H

  Cooperative
Extension Service

Owen County Extension Office
265 Ellis Road
Owenton, KY 40359

4-H Youth Development Newsletter

Hello 4-H Members and Families,

BOO! Scared ya. It's finally spooky season. Time to bust out the candy and costumes! Everyone has their favorite holiday memories and traditions...

My favorite Halloween tradition is sitting on my grandmother's porch eating a (probably) unhealthy amount of potato soup while throwing candy around like confetti.

My Mom's favorite Halloween memory is when I was about 4, I wanted to dress up as Luigi from Mario. Except I did not like the color green... I absolutely sobbed because he was too green. (Ironic... now that my entire career is 4-H Green!)

Stop by the Extension Office to pick up your 2025-2026 Enrollment Forms, scan QR code, or visit our website for the fillable document.

Everyone will need to re-enroll for this program year before you can participate in 4-H Programs!

Save the date! October 16th is our 4-H Achievement Banquet. We are so excited to recognize our 4-Hers for their amazing work this past year.

As the seasons change, 4-H youth keep growing—here's to a crisp and colorful October!



Bryce Charles



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

**Paper applications available at the
Extension Office**

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



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

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.

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!



Owen County
Extension Office
265 Ellis Road
Owenton, KY 40359

Contact us:

-  (502) 484-5703
-  bgcharles@uky.edu
-  owen.ca.uky.edu
- [@OwenCounty4H](https://www.instagram.com/OwenCounty4H)

Want to support LOCAL 4-H Youth and Programs?

The Owen County 4-H Council is putting on lots of local fundraisers! Come out and support us!

Upcoming Fundraisers

October 24th

Halloween Family Movie Night

@ Owen County Extension Office

Coming Soon

Texas Roadhouse Roll Sale

on Facebook

November 8th

Hunting Season Opening Day Café

@ Owen County Extension Office

C7/C8 Area 4-H Teens



Cooperative
Extension Service



Join the Fun!
DISCOVER
YOUR POTENTIAL

Engage, connect, and explore
leadership opportunities while
completing service projects in
your community and participating
in activities with your peers!

What to Expect
October's meeting will feature:

- Networking with 4-H Teens from other counties in the area
- Leadership and Teambuilding activities
- Behind the scenes tour of Country Pumpkins
- Service project to help the farm prepare for the busy season



**Contact your 4-H Agent for
more details!**



October 21st- First Meeting

*Excused School Absence KRS 159.0335

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Lexington, KY 40506



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Cooperative
Extension Service

Owen County

Livestock Judging Team

Want to learn how to judge livestock? Want to improve your reasoning skills? The livestock judging team is perfect for you! Join us for an informational session on

October 28th, 2025

JUNIOR TEAM

age range

9-13

SENIOR TEAM

age range

14+

**FIRST MEETING IS ON
TUESDAY, OCTOBER 28TH
5:30PM-7:00PM**



Contact For More Information

(502)484-5703

Alissa.Scheidt@uky.edu

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Lexington, KY 40506



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JOIN OUR TEEN COUNCIL!

First Meeting: October 13th!

Open to all 8th - 12th Graders
Serve our Owen County Community!
Make a difference!

What You'll Do:

- ✓ **Learn how to run meetings!**
Elect Officers, Make Decisions,
Handle Club Finances
- ✓ **Complete service projects to help our community!**
You decide how you want to help!
- ✓ **Go on field trips!**
YOU Decide where we go!
- ✓ **Make new friends!**
Meet other local youth that share your passion to serve your community!

Details:

Monthly on the
Second Monday
of the Month

4:00pm - 5:00pm

265 Ellis Road,
Owenton, KY

Reserve Your
Spot Now!

FREE TO JOIN

502-484-5703 bgcharles@uky.edu

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Kentucky 4-H Issues Conference

Dates:

November 20-22

Location:

Paradise Valley
Conference Center in
Burkesville, Kentucky

Registration:

Registration is open
September 15-
October 24. Open to
grades 9-11.

Contact your local
Extension office to
learn more.

Leap into Civic Action!

Join the 36th annual
4-H Issues Conference to
develop action plans and
make a real impact. This
is your chance to gain
leadership skills, create
meaningful change, and
even apply for grants to
fund your projects.



Issues
CONFERENCE

An Equal Opportunity Organization.



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

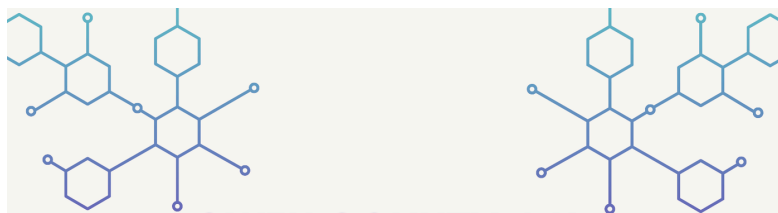


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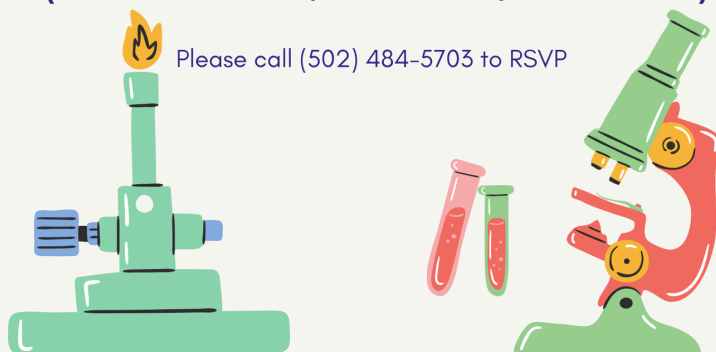
OWEN COUNTY 4-H S.E.T. DAY!

SCIENCE. ENGINEERING & TECHNOLOGY

Work together to complete experiments and explore the scientific world through invisible ink, roller coasters, and D.I.Y. Lava Lamps!

October 7th @ 9AM
Owen County Extension Office
(265 Ellis Road, Owenton, KY 40359)

Please call (502) 484-5703 to RSVP





HALLOWEEN

Movie Night

All proceeds go towards supporting local 4-H youth with registration costs for 4-H events!

SHOWING: THE NIGHTMARE BEFORE CHRISTMAS

24
OCTOBER

DOORS & CONCESSIONS OPEN

6:30PM

(502) 484-5703

MOVIE STARTS

7PM

OWEN COUNTY EXTENSION OFFICE

265 ELLIS ROAD

OWENTON, KY 40359

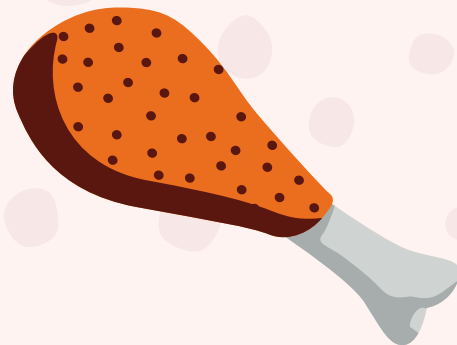
(502) 484-5703

Need Rolls?

We've got you covered!

Keep an eye out for our upcoming Texas
Roadhouse Roll Sale in November!

More Info Coming Soon!



**All proceeds go towards
supporting local 4-H youth with
registration costs for 4-H events!**



Opening Day Cafe!

11/8 7AM - 2PM

Come grab a bite during the first day of the modern gun hunting season!

Breakfast

- Biscuits & Gravy
- Sausage
- Pancakes
- Coffee/Juice/Tea/Water

Lunch

- Chili
- Cornbread
- Ham/Potato Soup
- Coffee/Tea/Lemonade/Water

Breakfast will be served from 7AM - 11PM

Lunch will be served from 11PM - 2PM

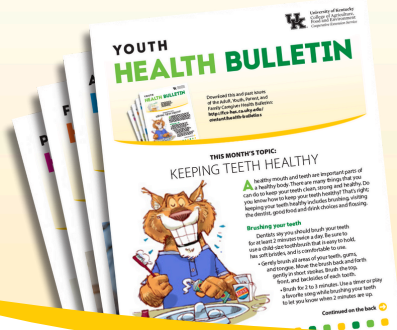
Owen County Extension Office
265 Ellis Road, Owenton, KY 40359

\$15
per meal

All proceeds go towards supporting local 4-H youth with registration costs for 4-H events!

YOUTH

HEALTH BULLETIN



OCTOBER 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
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THIS MONTH'S TOPIC TECH TALK

Using tablets, phones, video games, and TV can be a lot of fun. But you should also know when to take a break. Having limits around when to use and not use something is called setting boundaries. Technology boundaries, or “tech boundaries,” are simple rules we follow to make sure we’re using screens in a way that keeps our bodies, brains, and feelings healthy. Think of these boundaries like a superpower shield. They help you enjoy technology while still protecting your time for all the other awesome parts of life.



Continued on the next page →

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Try balancing screen time with other activities, like dancing, riding your bike, or creating things.

➔ Continued from the previous page

Having limits around screens is important for a few reasons. First, too much screen time can make your eyes and body feel tired. It might even make you cranky or bored. Taking breaks gives your brain and body time to rest and grow. Boundaries also help you stay safe online. They keep you from seeing things that make you uncomfortable or sharing too much personal stuff. And best of all, setting limits on screens gives you more time to do fun things like playing outside, drawing, reading, or spending time with family and friends.

There are lots of simple limits you can try. For example, you can set a timer for 20 to 30 minutes to remind you when to take a break. You might choose to be tech-free in certain places or at specific times, such as at the dinner table or right before bed. Try balancing screen time with other activities, like dancing, riding your bike, or creating things. It's also a great idea to check how you feel after using screens. If you notice you feel grumpy or sleepy, that's a sign it's time to do something else for a while. To make your tech boundaries work, talk to a grown-up about your plan. They can help remind you and cheer you on. You could also make a fun chart or draw pictures to keep track of how well you're doing. Sharing your plan with friends and family can help you stick with it. It might make others want to set healthy boundaries of their own.



Your parents and teachers want to help you learn how to use technology safely. If you ever see or hear anything on a screen that makes you feel sad, uncomfortable, or scared, talk to them about it. Never share your personal information (like your address, school name, or phone number) or photos of yourself without your parents' permission.

When you use technology with limits, great things happen. You feel more focused, rested, and in a better mood. You also get to enjoy more of the world around you and learn new things in different ways. Most importantly, you become a Tech Time Hero. That's someone who knows how to use screens wisely, safely, and in a way that keeps life full of fun, learning, and adventure!

REFERENCE:

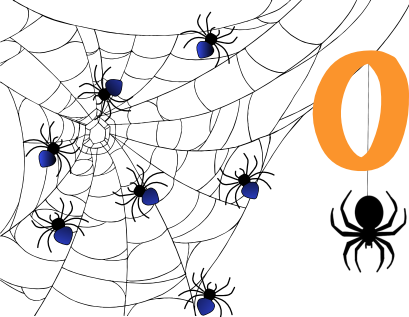
<https://www.samhsa.gov/sites/default/files/building-healthy-relationships-with-media-activities.pdf>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences



OCTOBER

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	2	3	4
				Livestock Club 6 PM Owen CES		
5	6	7	8	9	10	11
		SET Day 9 AM Owen CES		Horse Club 6 PM Owen CES		
12	13	14	15	16	17	18
		Discover 4-H 6:30 PM Owen CES		Achievement Banquet 6:30 PM Owen CES		
19	20	21	22	23	24	25
	Cloverbuds 6 PM Owen CES	Area Teens Contact Owen CES Extension District Board 5 PM Owen CES			Halloween Movie Night 6:30 PM Owen CES	
26	27	28	29	30	31	1
	Cooking Club 6 PM Owen CES 4-H Council Meeting 6:30 PM Owen CES	Livestock Judging Team 5:30 PM Owen CES				



**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

AUTUMN APPLE PORK

Directions:

1. Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.
2. Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.
3. Cook 4 hours on high.
4. Unwrap both packets. Slice pork and top with apples.
5. Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.

Ingredients:

- 2 pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey

Servings: 8

Serving Size: 4 ounces

Recipe Cost: \$8.97

Cost per Serving: \$1.12

220 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 65mg cholesterol; 410mg sodium; 21g carbohydrate; 2g fiber; 11g sugar; 2g added sugar; 23g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.