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SCHOOL

KENTUCKY COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

AUGUST 2023

CHRISTIAN COUNTY 4-H

Christian County 4-H Camp



We had a great week at West Kentucky 4-H Camp
with 150 campers and volunteers!

We want to give a big thank you to our volunteers that made 4-H Camp possible for our Christian County youth. We appreciate each and everyone of you!!

We also want to give a big thank you to our Christian County Extension District Board for helping lower the cost for each camper!

Lastly, a huge thank you to all businesses, clubs, and individuals that donated to Christian County 4-H Campers to help provide scholarships for them to attend and have one of the best weeks of their summer!

Western Kentucky State Fair 2023

Grand Champions

TOBACCO

LYNSLEE CANSLER

CROPS PROJECT

CARSON CLARK

TRENDS

ELLIS GARNETT

WOOD SCIENCE

CARSON CLARK

HORTICULTURE

CLAYTON DIXON

ARTS

CHEYENNE PETERSON

BEEF CATTLE GELBIEH

MARY KATHERINE HENDERSON

RABBIT SHOW BY BREED

PAIGE ROBERTSON



PHOTOGRAPHY

JACKSON CLARK

FORESTRY

NORAH WESTERFIELD

NEEDLEWORK

GRACELYN CLARK

HOME ENVIROMENT

CHEYENNE PETERSON

FOOD EXHIBIT

JACKSON CLARK

POULTRY SHOW

CARSON CLARK

RABBIT SHOW BY BREED

SAHARA PETERSON

BEEF CATTLE HEREFORD

LEVI WOMACK

BEEF CATTLE ANGUS

LEVI WOMACK



CONGRATULATIONS

Raegan Harris

Christian County
4-H

Kentucky 4-H
Achievement Program

Bronze Winner



2023 STATE COMMUNICATIONS DAY

- Macy McGinnis 9 year old Speech 2nd Place
- Gracelyn Clark 10 year old Speech 2nd Place
- Wilson Carter Jane 11 year old Speech 3rd Place
- Rebecca Wood 15 year old Speech 2nd Place



CONGRATULATIONS

Cheyenne Peterson

Christian County
4-H

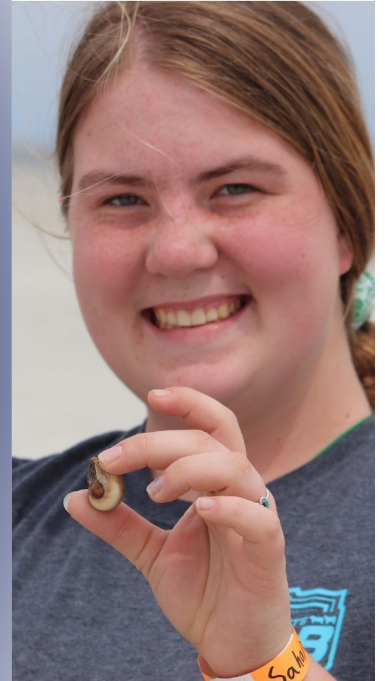
Kentucky 4-H
Achievement Program

Silver Winner



CONGRATULATIONS
SAHARA PETERSON

KY 4-H STATE
TEEN COUNCIL
MEMBER
2023-2024



Important 4-H Dates

- **August 17-27 - State Fair**

Next Month

- **September 6 - Pachek 10:00 a.m.**
- **September 19 - Livestock Club**
- **September 20 - Crofton School Club**
- **September 21 - Fur and Feathers Rabbit and Poultry Club**



CONGRATULATIONS

Sahara Peterson

Christian County
4-H

Kentucky 4-H
Achievement Program

Silver Winner





4-H & FFA SAVE \$7 PER ALL-DAY RIDE WRISTBAND

Thrill Ville wristbands will be discounted 20% (\$28 with discount) August 21-24 **ONLY** with this voucher.

Available on-site only at the Kissel Welcome Center. Good for 4-H & FFA Fair participants, family and friends. Limit 4 wristbands per voucher. No other discounts apply. All riders must be present at time of purchase to receive discount and wristbands.



IT'S SUMMER SUMMED UP

THE KY STATE FAIR

AUG. 17TH → 27TH



4-H IS A GOOD PLACE FOR CAREER EXPLORATION

With school starting back 4-H offers a lot of opportunities to get involved.....

4-H provides youth numerous opportunities to learn, grow and become productive adults. As a result, 4-H is a perfect place for young people to start exploring potential careers.

From robotics to cooking, 4-H's many programs, clubs and activities have something to interest every young person. If youth have an interest, talent or hobby, chances are they can learn more about it or do something productive with it in 4-H. As they learn more and do more in a particular interest area, a young person may develop a passion for a particular activity, eventually leading to a career in that field. 4-H provides a safe environment for exploration before young people choose a college major or commit to a particular career.

Through 4-H, members can explore many of their interests under the guidance of a caring adult volunteer. These volunteers are often experts in the topics they teach, help educate youth and show the many career possibilities available in a particular field. Volunteers also provide valuable networking experiences as youth begin thinking about careers.

Many 4-H activities foster creativity and get youth thinking outside of the box. Just some of the county-level programs offered by the UK Cooperative Extension Service 4-H Youth Development are job shadowing, mentoring, career preparation, assistance with cover letters, resumes and interviewing skills. Their passions may one day turn into a career.

For more information on becoming involved with 4-H, contact the Christian County Cooperative Extension Service.

Source: Chuck Stamper, Cooperative Extension Service special projects coordinator



Source

United States Department of Agriculture, What's Cooking
USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

Apple Berry Salsa with Cinnamon Chips

Ingredients:

- 1 medium granny smith apple
- 3/4 cup strawberries
- 1 small orange
- 1/2 can crushed pineapple
- 1/2 tablespoon brown sugar
- 1 tablespoon orange juice
- *12 (8-inch) fat free tortillas
- *2 teaspoons cinnamon
- *1/4 cup sugar
- *Vegetable cooking spray



Directions:

Apple Berry Salsa

Wash, core, and dice apple, with peel.

Wash, hull, and dice strawberries.

Wash, peel, and dice orange.

Pour pineapples in a bowl along with the apple, strawberries, and orange. Stir gently. In a small separate bowl, mix orange juice and brown sugar with a fork until combined. Pour over fruit and refrigerate while making cinnamon crisps.

Cinnamon Chips

Preheat oven to 350 degrees.

Spray each side of tortillas with vegetable spay.

Sprinkle with cinnamon and sugar.

Cut into 4 wedges.

Place of baking sheet. Bake 10 minutes.

Source: Eat Smart to Play Hard : University of Kentucky Cooperative Extension Service, Nutrition Education Program

Salsa: 30 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 8g carbohydrate; 1g fiber; 7g sugar; 0g protein.

Chips: 150 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 320mg sodium; 27g carbohydrate; 0g fiber; 4g sugar; 4g protein.