

LOGAN COUNTY EXTENSION STAFF

4-H LOGAN COUNTY NEWSLETTER

Agents



Leann Martin
Extension Agent
for Agriculture
and Natural
Resources

Rachel Hance
Extension Agent
for Family and
Consumer
Sciences



**A New Agent
Coming Soon!**
Extension Agent
for 4-H and
Youth
Development

We are currently in the process of hiring a new 4-H Agent!

Assistants



Paige Alexander
Nutrition
Education Senior
Program
Assistant

Katie Sandlin
Extension Staff
Assistant



Rachel Meacham
Extension Staff
Assistant

Cristian Jenkins
Facilities
Manager



Kaylee Chandler
2024-2025
Co-Op Student



THANK YOU!
and Congratulations!

To everyone who represented Logan County at the KY State Fair!



Scan Me!

September 1st is the 4-H New Year. Scan the QR Code to complete your enrollment online or return the enclosed Enrollment Form to update your information for the 2024-2025 program year!

Email forms to rachel.meacham@uky.edu or return in person to the Extension Office at 255 John Paul Ave., Russellville.

Logan County Cooperative Extension Service

255 John Paul Ave., Russellville, KY 42276

(270) 726-6323 | logan.ext@uky.edu | Mon.-Fri. 8:00am-4:30pm

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.

KY STATE FAIR

Winners

Livestock Exhibitors
120 YEARS 120 COUNTIES



Words in **BLUE** mean the item won a **Blue Ribbon**; Words in **RED** mean the item won a **Red Ribbon**; words in **GREEN** mean the item won a **White Ribbon**.

- Jase Baker- **Country Ham**
- Grace Church- **Country Ham**
- Hadley Davenport- **Country Ham, Herb Garden, Mixed Hay, Coffee Cake, Chocolate Cake, Adapted Recipe**
- Mason Davenport- **13 year old Division Champion Country Ham, Alfalfa Hay, Photography- Natural Scenic, Photography- Crops, Photography- Expressive Arts**
- John Tinsley Dawson- **Photography- Livestock, Photography- Agriculture Scenic, Photography- FCS Patterns/Designs, Photography- Set, Movement**
- Vincent Eaton- **Country Ham, Wood Science Level 2, Photography- Native Plants, Leadership Junior Level**
- Vera Fritz- **Acrylic Painting, Sewing Bottoms Unit II**
- Riley Gant- **Photography- Horticultural Single Color**
- Amelia Gripshover- **Country Ham, Heifer & Swine Exhibitor**

*Not Pictured- Warren Whitson, Livestock Exhibitor



- Oliver Gripshover- **Country Ham, Heifer & Swine Exhibitor**
- Owen Gripshover- **Heifer & Swine Exhibitor**
- Tatum Grise- **Country Ham**
- Everett Halcomb- **Country Ham**
- Lizzie Halcomb- **Country Ham, Wheat, Sewing Bottoms Unit II**
- Sydney Halcomb- **Country Ham, Barley**
- Everett Hall- **Country Ham**
- Lillie Hall- **Country Ham**
- Rickey Hall- **12 year old Division Champion Speech, Country Ham, White Popcorn**
- Graci Harper- **Country Ham, Dish Garden, Photography- Farm Equipment, Photography- Leadership Portrait, Photography- Leadership 4-H Event, Photography- Health Dealing with Stress, Photography- Horticultural Sequence**
- Presley Harper- **Country Ham**
- Bristol Holloway- **Division Showmanship Class Winner**
- Bronx Holloway- **Steer Exhibitor**
- Klaira Holloway- **Steer Exhibitor**
- Henry Hughes- **Wood Science Level 1**
- Tanner Kash- **Country Ham, Tomato Beef Steak, Peppers (Hot), Peppers (Bell), Cucumbers, Cantaloupe, Squash (Summer), Largest Watermelon, Photography- Expressive Arts**
- Mason Riley- **Country Ham**
- Morgan Riley- **Country Ham**
- Anna Lee Robey- **Country Ham, Yellow Corn, Cornmeal Muffins, Brownies, Snickerdoodle Cookies**
- Kerry Beth Robey- **Country Ham, Soybeans, Sewing Learn to Sew Unit 1, Individual Place Setting**
- Levi Robey- **Country Ham, Vegetable Container, Wood Science Level 2, Photography Wildlife, Photography- Leadership Urban Scenic, Photography- Residential**
- Lilly Robey- **House Plants, Garden Display, Mixed Media Canvas**
- Sophia Rosser- **Leaf Collection, Junior Upcycling Project**
- Abby Scruggs- **Country Ham**
- Warren Whitson- **Swine Exhibitor**
- Delaney Wright- **Country Ham, Photography- Companion Animals, Photography- Culture**



THANK YOU AND CONGRATULATIONS TO ALL WHO PARTICIPATED THIS YEAR! WE CAN'T WAIT TO SEE WHAT YOU SUBMIT NEXT YEAR!

NEW! CLUB

UK Cooperative Extension Service

What is HAM radio?



4-H RADIO CLUB M



Anyone interested in learning more about talking over the radio waves is welcome! Come join us and hear about ham radio, different licenses, ways to communicate, contesting, and more!"

Informational Meeting

September 20th

6:00pm

Logan County Extension Complex

Ages 10 & up

Contact the Logan County Extension Office at (270) 726-6323 or email logan.ext@uky.edu for more information.

an equal opportunity organization

UK Cooperative Extension Service



4-H CLUB Back to the Roots

Families are invited to join Logan County's new **Back to the Roots** 4-H Club to learn about animals, cooking, gardening, sewing, and other life skills your grandparents knew.

September 23

6:00pm

First Meeting Topic:

Cooking with Natalie Davenport

at the LC Extension Office

255 John Paul Ave.
Russellville, KY 42276

Contact the Logan County Extension Office at (270) 726-6323 or email logan.ext@uky.edu for more information.
an equal opportunity organization

UPCOMING CLUB

CLOVERBUDS

SEPTEMBER 27

2:00PM

EXTENSION OFFICE

AGES 5-8

HORSE CLUB

SEPTEMBER 9

CHECK REMIND APP OR
CALL FOR MORE INFO

LIVESTOCK

SEPTEMBER 12

CALL FOR MORE
INFO

HOMESCHOOL

SEPTEMBER 12

10:00AM

EXTENSION OFFICE

AGES 5+

CROSS STITCH CLUB

SEPTEMBER 20

2:30PM

EXTENSION OFFICE

LIMITED SPACE RSVP BY SEPTEMBER 16 TO (270) 726-6323

AFTERSCHOOL CLUBS

AFTER SCHOOL CLUBS WILL BEGIN AFTER CHRISTMAS. PLEASE SUBMIT YOUR ENROLLMENT FORM TO REMAIN ON THE MAILING LIST AND BE NOTIFIED WHEN YOUR SCHOOL CLUB BEGINS.

Have an idea for a new club? Let us know!

2024 4-H CAMP HIGHLIGHT



LARGEST GROUP IN LOGAN COUNTY HISTORY

For the second year in a row, Logan County took a record number of kids and adults to West KY 4-H Camp! We had 121 kids and adults join us this year. Campers enjoyed classes such as canoeing, archery, nature, bracelet making and leather crafts. Logan County UK Intern Katherine Woodward taught Indoor Cooking and Volunteer Natalie Davenport taught Outdoor Cooking. We look forward to taking another great group to camp next year! If you wish to attend next year, information will be released in the Spring of 2025.



THANK YOU!
To all the volunteers who made camp possible this year!

AG HIGHLIGHT



REMINDER: YAIP

Producer/Student Reports, education (CAIP), receipts, and proof of payment for CAIP and YAIP is due to the Extension Office no later than 4:30pm on September 20, 2024. Call the Extension Office for more information.

Thank you To all the parents, sponsors and buyers of the 2024 Youth Steer Show and Youth Hog Show!
To all the participants and winners in the 2024 Youth Steer Show and Youth Hog Show!
Congratulations

LOGAN CO. CATTLEMEN QUARTERLY MEETING
SEPT. 7, 2024 6:30 PM
LC Extension Office

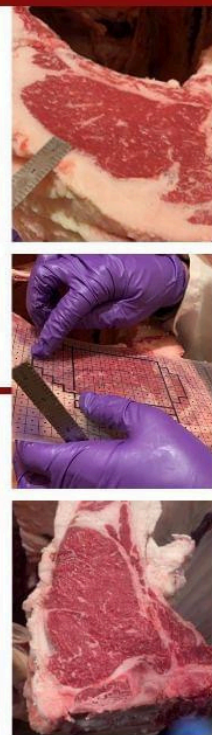


CARCASS CONTEST

SATURDAY, SEPT. 7
@ 6:30 PM

LOGAN CO EXTENSION OFFICE

Join the Logan County Cattlemen for their 3rd Quarterly Meeting where we will review the Carcass Results & award the Carcass Winners



4-H Livestock Club

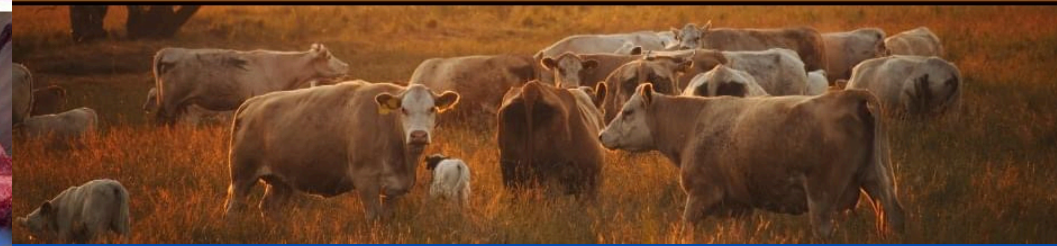
BQCA Training

(BEEF QUALITY CARE ASSURANCE)

THE BEEF QUALITY ASSURANCE (BQA) PROGRAM'S MISSION IS TO MAXIMIZE CONSUMER CONFIDENCE IN AND ACCEPTANCE OF BEEF BY FOCUSING THE PRODUCER'S ATTENTION TO DAILY PRODUCTION PRACTICES THAT INFLUENCE THE SAFETY, WHOLESOMENESS AND QUALITY OF BEEF AND BEEF PRODUCTS THROUGH THE USE OF SCIENCE, RESEARCH AND EDUCATION INITIATIVES.

Sept. 24 @ 6pm

Call the Extension Office at 270-726-6323 or Leann at 270-776-0019 or Ellie Gripshover for more information.



ENTREPRENEURSHIP Project



Member FDIC

In 2024 Logan County 4-H had sixteen participants in the Entrepreneurship Project. All students were given \$100 grants from Independence Bank and Farm Credit Mid-America to help purchase necessities for their business. The goal of the project is for students to explore what it takes to start and own a business. It prepares youth for careers and personal development. Logan County 4-H Intern, Katherine Woodward hosted a workshop that was open to all participants. In the workshop they covered topics such as marketing & branding your business, customer service, building a business budget and marketing software. Members also had the opportunity to set up at The Old Time County Fair, Sweet Summertime and Black Lick Creek Honey Fest. Logan County 4-H looks forward to offering this program again in the Spring of 2025. Keep an eye on future newsletters for more information.



Achievement RECORD BOOKS

4-H Members are encouraged to complete and submit an Achievement Record Book every year. The 4-H Achievement Program recognizes the accomplishments of 4-H members at the County, Area and State Levels. To receive an Achievement Award, 4-Hers must complete an application showcasing their 4-H participation in leadership, civic engagement, communication, and community action.

If you completed a record book last year, continue using the same book. If you did not complete a record book last year, please stop by the Extension Office to pick one up.

Due by October 25

Emerald

Gold

Silver

Bronze

Clover 3

Clover 2

Clover 1



Adults, do you have a hobby or skill you could share? Could you lead a class or workshop series?

Help our 4-H Program grow!

We are looking for Club Leaders and Volunteers!

Contact us today for more information!



LOGAN COUNTY CATTLEMEN'S ASSOCIATION
YOUTH MARKET STEER SHOW, SALE, & CARCASS CONTEST

WEIGH-IN DEC. 7

For more information call 270-726-6323

68TH ANNUAL LOGAN COUNTY **TOBACCO SHOW**
RUSSELLVILLE SQUARE **Friday, October 11**

YOUTH CLASSES	PREMIUMS:	TOBACCO WILL BE RECEIVED FROM
BURLEY & ONE SUCKER	1ST - \$55 2ND - \$45 3RD - \$35	7:30 - 9:00 AM
		SHOW 10 AM

ENTREPRENEUR Spotlights



4-H member Billy Martin raises fresh sweet corn on Edge Water Farm in Olmstead, Kentucky. For three years he has grown from a quarter of an acre to two acres. He is responsible for picking, shucking and silking orders that he receives. Each year he sets goals of how he can improve, market and grow his business.

4-H member Grace Church started her business, "A Slice of Heaven" this year. Grace offers gourmet apple nachos with a variety of toppings. She has taken the opportunity to set up all events she can and market her business to the community. This project has allowed her to understand what it takes to run a small business and the responsibility that comes with it.



Pick up entry form at the Extension Office!

KENTUCKY SAVES

2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



Kentucky Saves Week:
April 7-11, 2025
Kentucky Saves

MoneyWi\$e
fcs-hes.ca.uky/moneywise

For More Information and Official Contest Rules:

Logan County Extension Office
255 John Paul Rd., Russellville, KY
(270) 726-6323
katie.sandlin@uky.edu

MONEYWISE
VALUING PEOPLE. VALUING MONEY.

Cooperative Extension Service

Cooperative Extension Service

“Supporting In Style”

Ovarian Cancer Fundraiser

Hosted by the Logan County Homemakers

September 12, 2024 * 6 PM

Logan County Extension Office

Tickets \$10

Style Show and vendors from local boutiques



Refreshments

Door Prizes

All proceeds benefit the University of Kentucky Ovarian Cancer Project

Drive Through Event

PRESCHOOL Pumpkin Day

OCTOBER 21

4:30-5:30

Free Early Learning giveaways for the first 75 registered kids aged 3-5 Years Old

Registration Coming Soon!

Logan County Extension Office
255 John Paul Ave.
Russellville, KY 42276

Follow us on facebook

LOGAN COUNTY 4-H

Stay up to date on club meetings, events, and opportunities!

KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



HOW OLD WILL YOU BE ON JANUARY 1, 2025? THAT IS YOUR 4-H AGE!

LOGAN COUNTY

FARMERS' Market

Have you visited the Farmers' Market this year?

Open Saturday 7:30-Noon until October 26!

COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen

PRESCHOOL

Simple, hands-on activities are a great way for preschool-age chefs to use and develop their motor skills. They will enjoy activities such as:



WIPING TABLES



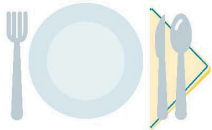
OPENING PACKAGES



STIRRING OR WHISKING INGREDIENTS IN A BOWL

ELEMENTARY

Elementary age children are learning to control smaller muscles in their fingertips, so cooking is the perfect way for them to help.



SET THE TABLE



OPEN CARTONS AND BOTTLES



CUT SOFT FOODS WITH A BLUNT KNIFE

TWEENS & TEENS

Prepare teens for more advanced cooking tasks as they learn sequences and problem solving. Introduce recipes that offer experiences such as:



USING A MICROWAVE OR OVEN (WITH SUPERVISION)



PREPARING RECIPES WITH MULTIPLE INGREDIENTS



TOSS VEGETABLES WITH OIL IN A ROASTING PAN

BAKED CHICKEN STRIPS

A kid favorite, these chicken strips will allow junior chefs to measure ingredients, grate cheese, and beat ingredients with a whisk.

DIRECTIONS:

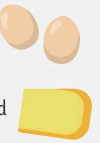
Preheat oven to 375 degrees F. Coat 9x13-inch baking dish with cooking spray. Mix together flour, salt and pepper in a bowl. In another bowl, mix together egg whites and milk. In a third bowl, mix together cornflakes and cheese.



Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in a baking dish. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

WHAT YOU NEED:

- Nonstick cooking spray
- 1 cup unbleached, all-purpose flour
- Pinch of salt
- Pinch of ground black pepper
- 4 large egg whites
- 1/2 cup fat (2%) milk
- 1-1/2 cups crushed cornflakes
- 4 oz. sharp cheddar cheese, grated
- 6 boneless chicken breast halves, cut into 1/2-inch-wide strips



CHEDDAR & TOMATO QUESADILLAS

This zesty dish is a quick and easy way for tweens and teens to practice shredding cheese and assembling quesadillas, using a skillet on the stove and using a knife (with supervision).

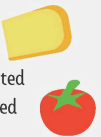
DIRECTIONS:

Sprinkle half of cheese over quesadillas. Top with tomato slices and remaining cheese. Press remaining tortillas on top. Set large skillet over medium heat until hot. Place first quesadilla in skillet and cook until browned on underside, about 1 minute. Turn with spatula and cook until quesadilla is browned on second side and cheese is melted, about 1 minute longer. Repeat with remaining quesadillas. Cut each quesadilla into 8 pieces. Top each with a dollop of guacamole.



WHAT YOU NEED:

- 8-inch flour tortillas
- 1 container of guacamole
- 8 oz. pepper jack or hot habanero cheddar, grated
- 4 plum tomatoes, thinly sliced



Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour	2 teaspoons pumpkin pie spice	1/2 cup honey
1 1/4 cup whole-wheat flour	1/2 teaspoon salt	2 cups pumpkin puree
1 1/2 teaspoons baking powder	1/2 cup melted margarine	1/2 cup olive oil
1 teaspoon baking soda	1/2 cup sugar	2 eggs
		1/2 cup chopped walnuts

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven

and cover with foil. Return to oven and bake an additional 20 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes and remove from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.



hello
FALL

