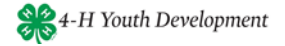


Russell County 4-H News

October 2022



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Cooperative Extension Service
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4-H YOUTH DEVELOPMENT



Kentucky State Fair 4-H Cloverville Results Russell County

- Allie Bailey** - blue ribbon in abstract art
- Bella Blakey** - blue ribbon in horticulture photography
- Avery Brake** - red ribbon in native plant photography
- Riley Brown** - red ribbon in cupcake decorating
- Jessie Bryant** - red ribbon in livestock photography
- Brayden Cerrato** - red ribbon in insect photography
- Gunnar Coe** - reserve grand champion of capped honey frame & red ribbon in amber honey
- Abigail Emerson** - blue ribbon in sewn item for the home
- Dalton Foley** - blue ribbon in jewelry and blue ribbon in expressive arts photography
- Abby Fox** - blue ribbon in acrylic painting
- Claire Holmes** - red ribbon in decorative item for home
- Elizabeth Hoskins** - blue ribbon in upcycle sewing and red ribbon in cartoon art
- Nadia Kacar** - red ribbon in natural scene photography
- Carleen Meyers** - blue ribbon in leather craft and white ribbon in decorate trash can
- Callie Reynolds** - blue ribbon in water photography and red ribbon in pencil drawing
- Loren Satterly** - red ribbon in pencil drawing
- Carter Stapp** - red ribbons in wildlife & horticulture photography
- Olivia Stephens** - white ribbon in acrylic painting
- Sarah Stephens** - class champion in cross stitch and black and white horticulture photography, blue ribbon in tire stamp art, and white ribbon in leaf print
- Keenan Stille** - red ribbon in circle drawing



State 4-H Shootings Sports Awards (September 10, 2022)

Individual Awards

- Brayden Popplewell — 1st place BB rifle and .22 sport rifle (age 9-11)
- Andrea Russell — 1st place black powder flintlock (age 9-11)
- Sarah Stephens — 1st place black powder flintlock rifle and 2nd place black powder pistol (age 15-18)
- Zach Walters — 2nd place black powder percussion rifle (age 15-18)
- Vinson Kerns — 2nd place Bowhunter archery and 2nd place target archery (age 15-18)
- Eli Foley — 3rd place black powder pistol (age 15-18)

Team Awards

- 1st place (9-11) black powder percussion rifle — Dalton Foley, Carter Brown, Jace Anderson, Will Hatter
- 1st place (15-18) black powder percussion rifle — Zach Walters, Cass Foley, Eli Foley, Sarah Stephens
- 1st place (9-11) black powder flintlock rifle — Andrea Russell, Dalton Foley, Will Hatter
- 1st place (15-18) black powder flintlock rifle — Sarah Stephens, Cass Foley, Eli Foley
- 1st place (15-18) black powder pistol — Sarah Stephens, Eli Foley, Cass Foley
- 2nd place (9-11) BB rifle — Brayden Popplewell, Titus Popplewell, Gabe Williams, Emma Adamson
- 3rd place (9-11) .22 sport rifle — Brayden Popplewell, Titus Popplewell, Carter Brown, Gabe Williams

**14 Russell County 4-Hers
received 34 trophies at the
state competition!**

4-H Shooting Sports
Sign-up for New Members

will be in
Late winter 2022

\$20.00



Yay Team!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

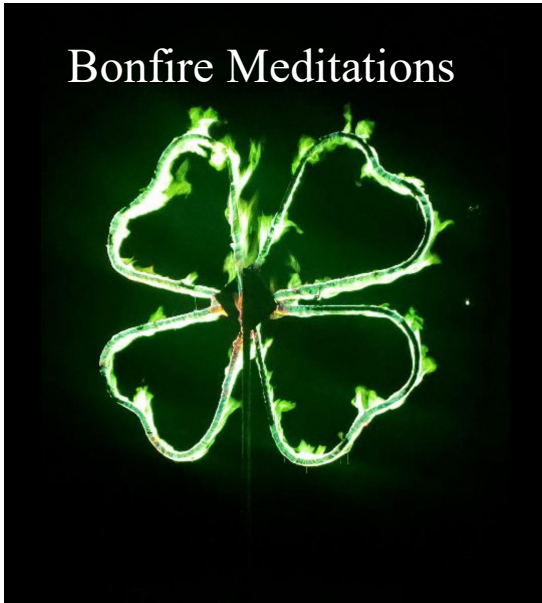
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



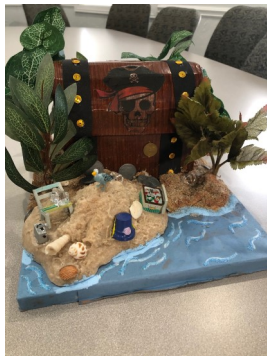
Bonfire Meditations



Dates: June 20-23, 2022
Location: L.C. 4-H Camp (Jabez)
Cost: \$275.00 — partial scholarships may be available



Swimming



2021 Champion

Piggy Bank Design Art Contest

Rules for the Piggy Bank design contest will be ready very soon. Be sure to read the rules carefully before starting this art contest. Parents should deliver the completed banks with the required registration form to the Russell Co. Extension Office (across from Mighty Dollar Store) by Wednesday, November 9, 2022.



Distributed by
Christy A. Martin
Russell Co. Extension Agent for 4-H YD

Website: <http://russell.ca.uky.edu>



Russell County (KY) 4-H

Kroger Community Rewards Supports Russell County 4-H

Hey, it's **Free!**

1. Create or log into your Kroger Rewards account with your user name and password (and your Kroger card number).
2. Choose "My Account."
3. Scroll down to "Community Rewards."
4. Search for Russell Co Kentucky 4-H or our code — KA273.
5. Then select "Enroll."



kroger **community** rewards



KA273

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix you can toss together and enjoy instantly while you are on the go, no cooking required.

- 2 cups crispy rice or wheat cereal squares
- 1/2 cup roasted whole pumpkin seeds
- 1/3 cup slivered almonds
- 1/2 cup dried cranberries
- 1/2 cup raisins

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Mix all ingredients together and serve.

Serving size: 1/2 cup

Makes 8 servings

Nutrition facts per serving: 199 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 121mg sodium; 23g total carbohydrate; 2g dietary fiber; 11g sugars; 4g added sugars; 6g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: USDA MyPlate.
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>

Source: Healthy Choices for Healthy Families newsletter, September/October 2022



Vaping is dangerous to your health!

Did you know that one vape pod is equal to smoking 20 cigarettes.