



Russell County 4-H News

October 2023

Cooperative Extension Service
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Kentucky State Fair 4-H Cloverville Results

Russell County



Jace Anderson - blue ribbon in dish garden
Payton Aaron - blue ribbon in soybeans, red ribbon in heritage crafts, and red ribbon in upcycled craft
Chase Robertson - blue ribbon in sewn item for the home, red ribbon in wood working, white ribbon in nature photo
Cali Robertson - blue ribbon in decorated trash can, red ribbon in nature photography, and red ribbon in dried apples
Carleen Meyers - blue ribbon in acrylic painting
Lizzy Pritchard - blue ribbon in color wheel and white ribbon in watercolor painting
Callie Reynolds - blue ribbon in livestock photography, red ribbon in watercolor art, and red ribbon in horticulture photograph
Gunnar Coe -- blue ribbon in nature plant photography, red ribbon in capped honey frame
Treyt Higgenbotham - white ribbon in acrylic painting
Keenan Stille - red ribbon in 2-point perspective drawing
Sarah Stephens - blue ribbon in circle artwork and blue ribbon in insect photography
Elizabeth Hoskins - blue ribbon in calligraphy, red ribbon in lifecycle photography, and red ribbon in horticulture photography
Molly Hammond - blue ribbon in ceramics and blue ribbon in cornmeal muffins
Vance Foley - blue ribbon in jewelry
Nadia Kacar - blue ribbon in ag scene photography and blue ribbon in horticulture photography
Carter Brown - white ribbon in farm implement photography
Bella Blakey - red ribbon in informal portrait
Avery Brake - white ribbon in community event photography
Carter Stapp - class champion in competitive sport photography and blue ribbon in horticulture sequence photography
Claire Holmes - red ribbon in brownies and white ribbon in decorated cake
Maycee Harrell - blue ribbon in cupcake decorating



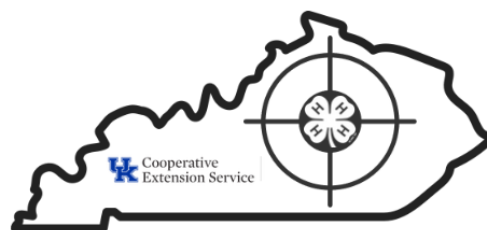
State 4-H Shootings Sports Awards (September 9, 2023)

Individual Awards

Dalton Foley — 1st place black powder percussion rifle & 3rd place black powder flintlock rifle (9-11)
 Vance Foley — 1st place black powder flintlock rifle (9-11)
 Carter Brown — 2nd place .22 target rifle (9-11)
 Aiden Mondie — 3rd place sport air rifle (9-11)
 Andrea Russell — 1st place black powder pistol (12-14)
 Brayden Popplewell — 1st place .22 sport rifle & 3rd place BB rifle (12-14)
 Sarah Grider — 3rd place recurve target archery (12-14)
 Eli Foley — 1st place black powder percussion rifle, 3rd place black powder flintlock rifle, 3rd place black powder pistol (15-18)
 Sarah Stephens — 2nd place black powder flintlock rifle, 2nd place black powder pistol, 3rd place black powder percussion rifle (15-18)

Team Awards

1st place (9-11) .22 target rifle — Chase Robertson, Carter Brown, Benton Kimbler, Titus Popplewell
 1st place (9-11) black powder percussion rifle — Dalton Foley, Will Hatter, Carter Brown, Charley Cundiff
 1st place (9-11) black powder flintlock rifle — Vance Foley, Dalton Foley, Will Hatter
 1st place (15-18) target archery — Vinson Kerns, Logan Russell, Zach Walters, Audrie Roy
 1st place (15-18) black powder percussion rifle — Eli Foley, Sarah Stephens, Logan Russell, Zach Walters
 2nd place (15-18) Bowhunter archery — Audrie Roy, Zach Walters, Logan Russell, Vinson Kerns



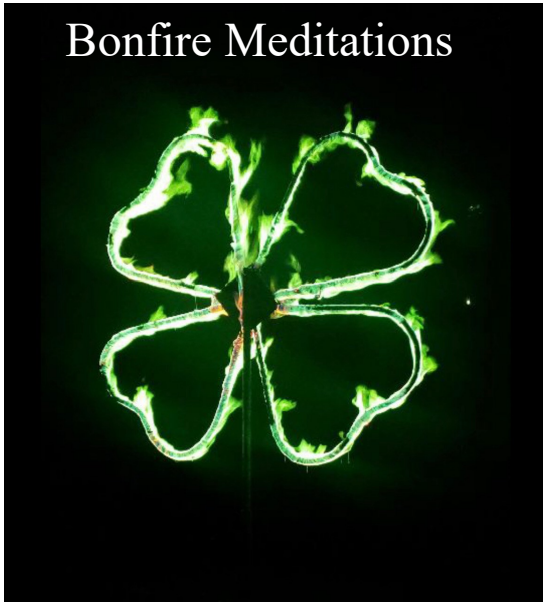
Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



Dates: TBA
Location: L.C. 4-H Camp (Jabez)
Cost: \$300.00 — partial scholarships available plus financial support from the Russell Co. Extension



Swimming



COMING SOON

New 4-H t-shirt coming soon to celebrate our 100th birthday!

Russell Co. 4-H



100 years old!



fall
VIBES


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

COOKING WITH KIDS

Chicken and Dumpling Soup

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped (including some leaves)
- 4 medium carrots, peeled and chopped
- 2 quarts fat-free, low-sodium chicken broth
- 2 cups chicken breast, cooked and shredded
- 1/2 teaspoon whole black peppercorns
- 2 teaspoons dried thyme leaves
- 2 bay leaves
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 3/4 cup low-fat milk
- 1 egg
- 2 cups coarsely chopped fresh kale leaves (any greens can be used.)

1. In a large soup pot, sauté onions, celery, and carrots in olive oil over medium-low heat about 5 minutes or until tender.
2. Add broth, chicken, peppercorns, thyme, and bay leaves. Reduce heat to low. Simmer partially covered for 20 minutes.
3. Meanwhile, in a small bowl, mix flour, baking powder, milk, and egg until well blended. Roll out with a rolling pin and make strips or simply drop small spoonful of dough into simmering soup.
4. Cover soup and allow dumplings to cook about 20 minutes. They will rise to the top of the soup as they cook.

5. Stir in kale, cover soup and simmer 5 additional minutes. Remove bay leaves and peppercorns before serving soup. Tip: If you'd rather not make dumplings, add egg noodles 8 minutes before serving.

Makes 10 servings
Serving size: 2 cups

Nutrition facts per serving 200 calories, 4.5g total fat, 1g saturated fat, 0g trans fat, 40mg cholesterol, 390mg sodium, 25g carbohydrate, 2g dietary fiber, 4g total sugar, 0g added sugar, 13g protein, 0% Daily Value of vitamin D, 15% Daily Value of calcium, 10% Daily Value of iron, 6% Daily Value of potassium.

Source: University of Kentucky's Nutrition Education Program, Cook Together, Eat Together

Source: Healthy Choices for Healthy Families newsletter, September/October 2023



Vaping is dangerous to your health!

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

4-H Dog Poster Contest Guidelines

1. Educational posters **MUST** relate to dogs.
2. Posters should encourage the youth's imagination in developing a slogan or theme that promotes a breed of dog. Posters should be simple and focus on one message to tell the story of your dog poster theme. **Resource information should be attached to the back of the poster** (resource may be in an envelope with youth name and county). Reliable resource information should be used (please note that Wikipedia may not be a reliable source).
3. You may use a variety of media, however no 3-dimensional posters are allowed and no text cut directly from a magazine will be allowed.
4. Posters must be no smaller than 20"x30" and no larger than 24"x30". Poster format should be vertical. Posters must be made using one of the following: mat board or foam core board. **No poster board is allowed** and will be disqualified.
5. Copyrighted characters such as Snoopy, Charlie Brown or other cartoon characters cannot be used.
6. The back of the poster **MUST** include a listing of the resources of the information on the poster. Poster content should allow for a 3"x5" label to be attached in the bottom right corner.
7. Poster will be judged on how well they present information and on their general appearance.
8. Danish ribbons will be awarded and one champion poster will be chosen and based on quality may have the opportunity to advance to the Kentucky State Fair.
9. Posters are due Wednesday, November 15, 2023. Poster may be dropped off at the Russell County Extension Office (across from Mighty Dollar Store) or taken to your 4-H leader at school.



Name:	_____
School:	_____
Grade:	_____
Age:	_____

Please fill out and attached to the back of your poster.

