



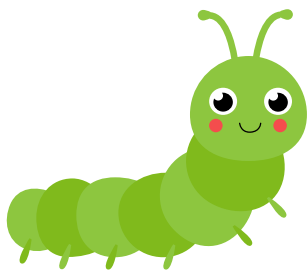
In This Issue

- *Calendar of Events
- *4-H Camp Orientation
- *Summer Sewing Camp
- *Summer Project Days
- *NEW Introduction to Clogging Workshop
- *KY Reptile Zoo Program
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- *Tasty Edible Insects Recipe
- *4-H Photos

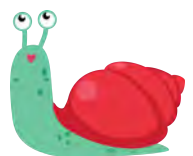


Carissa Miske

CARISSA MISKE - OWSLEY COUNTY
Extension Agent for 4-H Youth Development



Owsley 4-H has TONS of FUN happening at the Owsley County Extension Office this summer!
Come visit us!



**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.

MAY 2025

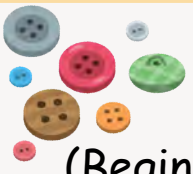
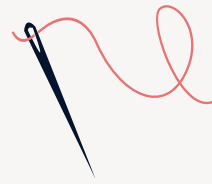
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				¹ 4th Grade Club @ OCES	² Jr. Homemakers Trip to RCARS	³
⁴	⁵ 5th Grade Club @ OCES	⁶	⁷	⁸ 4-H Camper Orientation 3-6 pm	⁹ 	¹⁰
¹¹ 	¹²	¹³	¹⁴	¹⁵	¹⁶	¹⁷ 
¹⁸	¹⁹	²⁰	²¹ 4-H Dog Club 5 p.m.	²² 	²³	²⁴
²⁵	²⁶	²⁷	²⁸	²⁹ Living with Alpha -gal Webinar 7:00 p.m.	³⁰	³¹

Owsley County 4-H Program Calendar

Camper Orientation is **MANDATORY** for all campers attending 4-H Camp



JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 4-H Camp Leader Orientation Adult- 4:00 p.m. Teen-5:00 pm	4	5	6 4-H CAMP	7
8 4-H CAMP	9	10	11	12	13	14
15	16	17	18	19	20 SUMMER	21
22	23  4-H Sewing Boot Camp (Beginner 10 a.m.- 12 p.m. & Advanced 1 p.m.-3 p.m.)	24	25 4-H Dog Club 5 p.m.	26 	27	28
29	30	1	2	3	4	5

Owsley County 4-H Program Calendar




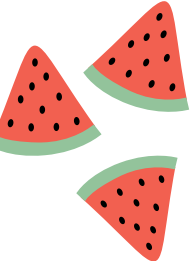




4-H Camp
Leader Orientation
Adult-4:00 p.m.
Teen-5:00 p.m.

4-H Camp
June 6-9

4-H Sewing Boot Camp
June 23-26



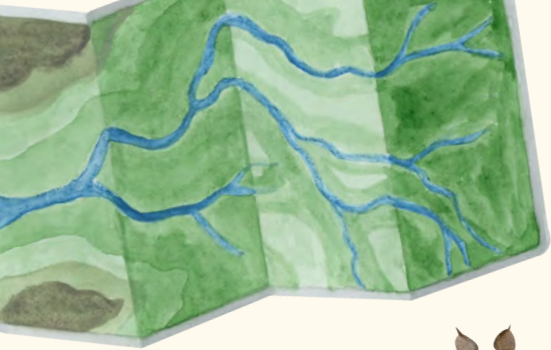
JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 	5
6	7	8	9 Happy Feet Mountain Cloggers Class 2:00- 3:00 p.m.	10 	11 Junior Homemakers Red River Gorge Trip	12
13 	14	15	16 Happy Feet Mountain Cloggers Class 2:00 - 3:00 p.m. 4-H Dog Club 5 p.m.	17 4-H Project Days Cooking 10 am- 2 pm	18	19 
20	21 	22 4-H @ The Farmer's Market 2:00 - 5:00 p.m.	23 Happy Feet Mountain Cloggers Class 2:00 - 3:00 p.m.	24 4-H Project Days Science 10 am-2 pm KY Reptile Zoo - 2 p.m.	25 	26
27	28	29	30 Happy Feet Mountain Cloggers Class 2:00 - 3:00 p.m.	31 4-H Project Days Art 10 am- 2 pm State Fair Entries due by 4:00 p.m.		

Owsley County 4-H Program Calendar

Please call the Owsley County Extension Office at 606-593-5109 to register for 4-H Project Days and our 4 week Happy Feet Mountain Cloggers Introduction to Clogging Class





UK Cooperative Extension Service



calling all campers



MANDATORY 4-H CAMPER ORIENTATION



PLEASE CONTACT 4-H AGENT CARISSA MISKE
IF YOU CANNOT ATTEND AT (606)593-5109.

THURSDAY, MAY 8TH

TIME: 3:00 P.M. - 6:00P.M.

AT THE OWSLEY COUNTY

EXTENSION SERVICE OFFICE

COME ANYTIME BETWEEN 3:00 - 6:00

THAT IS CONVENIENT FOR YOU!



Cooperative Extension Service

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

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Lexington, KY 40506



Disabilities accommodated with prior notification.

4-H

LEADERS

Mandatory Orientation



TUESDAY, JUNE 3RD

ADULTS - 4 PM

TEENS - 5 PM

AT THE OWSLEY COUNTY EXTENSION SERVICE

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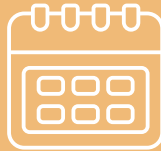
Lexington, KY 40506



Disabilities
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4-H SEWING BOOT CAMP

Limited spots available - (6 Spots each class)



JUNE 23 - 26

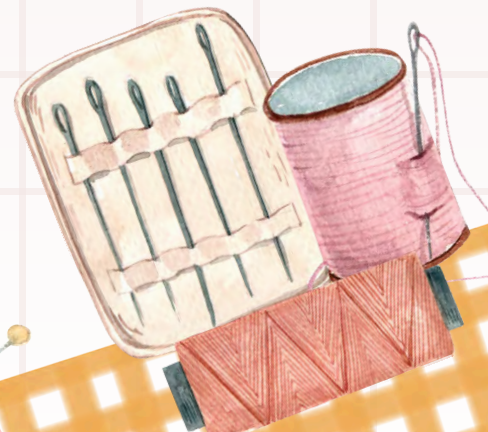
Beginner Class - 10:00 am - 12:00 p.m

Advanced Class - 1:00 pm - 3:00pm

**For more Information
please call
(606)593-5109**

FREE

**Please
register
by June
13th**



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4-H Youth Development
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FREE!

HAPPY FEET MOUNTAIN CLOGGERS

INTRODUCTION TO CLOGGING

JULY 9TH, 16TH , 23RD AND 30TH

Time: 2:00 - 3:00 pm

At the Owsley County Extension Service

Please call to register (606)593-5109



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Please register spots are limited!

 Cooperative Extension Service



4-H PROJECT DAYS

4-H FOR 3 THURSDAYS IN JULY

4-H Agent Carissa Miske has scheduled 3 Thursdays in JULY for 4-H Project Days at the Owsley County Extension Service Office!!



- July 17th - Cooking Camp- Ages 8-18
- July 24th - Science Camp- Ages 8-18
- July 31st - Blue Ribbon Camp (Art) - Ages 8-18

Day Camps will be from 10:00 am. - 2:00p.m.

For more information and to register for one or all of these Day Camps call us at (606)593-5109

Lunch and Snacks will be provided



Cooperative Extension Service
Education and Natural Resources,
Energy and Economic Sciences,
FF-1 (with the exception of)
Community and Economic Development

4-H is a national organization with 100 years of experience in providing youth development programs. We are currently seeking individuals who are interested in providing 4-H programs in their communities. For more information, please contact your local Extension Office or call (800) 4-A-4-H.



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UK Cooperative Extension Service



KENTUCKY REPTILE ZOO

July 24th

2:00pm



**Please come & Join Us
"Lifestyles of the Sleek and Scaly"**

**Predator/Prey interactions. Basic Natural
History, Ecosystem balance**



**-Safety around snakes-
They will bring reptiles!!**

At the Owsley County Extension Service Office

FREE To all Ages!!

**Cooperative
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4-H Youth Development
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OWSLEY COUNTY 4-H

UK Cooperative
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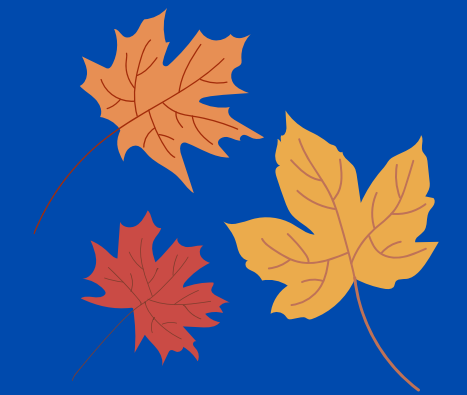
STATE FAIR

PROJECTS



FOR A LIST OF CATEGORIES VISIT:
[HTTPS://4-H.CA.UKY.EDU/KENTUCKY-4-H-STATE-FAIR-0](https://4-h.ca.uky.edu/kentucky-4-h-state-fair-0)

All projects due to the Owsley
County Extension Office by 4:00
p.m. July 31st for county judging.



FOR MORE INFORMATION CONTACT
OWSLEY COUNTY EXTENSION OFFICE
92 LONE OAK INDUSTRIAL PARK ROAD, BOONEVILLE, KY 41314
606-593-5109 CARISSA.MISKE@UKY.EDU



4-H COUNTY FAIR CATEGORIES



ARTS AND CRAFTS

Painting

- 727 - Acrylic Paining
- 728 - Water Color
- 729 - Abstract Painting
- 730 - Sand Paining
- 731 - Self Portrait
- 732 - Human Action
- 733 - Oil Painting
- 734 - Oil Pastel

Printing

- 735 - Intaglio Collagraphy
- 736 - Blue Print Paper
- 737 - Etched Plexiglass
- 738 - Wax Resist Print
- 739 - Tire Stamp Print
- 740 - Linoleum Print
- 741 - Hand Drawn

Negative Photograph

Graphic Design

- 743 - 5 Color Design
- 744 - Computer Drawing

Drawing

- 745 - Contour Drawing
- 746 - Two Point Perspective
- 747 - Circular Shape Object
- 748 - Sketch w/ Color or Black Pencil
- 749 - Sketch with Pen and Ink
- 750 - Calligraphy
- 751 - Cartooning

Fiber Arts

- 752 - Felted Wool Applique Mat
- 753 - Cotton Linter Bowl
- 754 - Batik Fabric
- 755 - Lap Loom Woven Place Mat
- 756 - Inkle Loom Basket

Trends

763 - Art Trends using Mixed Media. Examples include decoupage and paint; pencil & water colors; fabric, paint & paper.

Canvas size is open to artist.

Sculpting

- 757 - Item Sculpted from Clay
- 758 - Clay Bust
- 759 - Mask Sculpted from Clay
- 760 - Cardboard Sculpture
- 761 - Wire Sculpture
- 762 - Plaster of Paris Carving

Heritage Arts

764 - Heritage Arts
(additional writing required, contact the Extension Office for a copy.)

- Basket Making
- Jewelry Making
- Leather Craft

Kits allowed only for Juniors.

764 - Natural Resources

- Forest photograph (large area dominated by trees.
- Water photograph showing still or moving water in a natural water system.
- Wildlife photograph showing unrestrained and live wildlife in natural habitats.
- Natural Scenic photograph showing natural scene.
- Native Plants: 1-5 photographs of native flora that occur naturally (not in a garden)
- Insect photograph in natural habitat

765 - Agriculture

- Livestock: as the main subject
- Crops: crops as main focus
- Life Cycle: 1-5 phots showing the life cycle as part of a story: crops or livestock
- Agriculture Scenic: agriculture as subject
- Farm Equipment/Implement as subject
- Modern or Historic Practices: 1-5 photos that show a singular, Comparison, or advancement in an agriculture practice.

PHOTOGRAPHY

766 - Leadership

- Formal/Candid Portrait of a person
- Urban Scenic Photograph
- Event: 1-5 photos of a community event
- Service: photo of service learning
- 4-H Event: 1-5 photos of a 4H event
- National/International: 1-5 photos that focus on a national or international experience.

676 - Family & Consumer Sciences

- Family: Portrait or candid of family members
- Food Preparation: 1-5 Photos
- Culture: showing unique perspective of local/global culture

768 - SET

- Mechanics: 1-5 photos
- Architecture
- Energy: 1-5 photos
- Movement: 1-5 photos
- Construction: 1-5 photos
- Machinery/Equipment

769 - Health

- Physical Activity
- Competitive Sports
- Healthy Lifestyle
- Healthy Foods
- Careers in Health
- Dealing with Stress

770 - Com. & Expressive Arts

- Music
- Instrument/Art Utensils
- Cultural Arts Event
- Arts Creation
- Created Art in Your Community
- Word - single spelled out within the community
- Fashion Portrait
- Patterns/Design: natural or manmade
- Residential: 1-5 photos showing residence area from inside and outside.

SEWING

Sewing Categories

790-810: Contact the extension office for a list of all classes in this category.

NEEDLEWORK

Crochet Category

813 - Small Crochet Items made of medium weight yarn (4).

814 - Large Crochet Items made of medium weight yarn (4).

815 - Crochet Item made with novelty yarn.

816 - Crocheted Item made using the Granny Square Technique.

817 - Crocheted Item(s) made using intermediate skills/pattern crochet stitches.

818 - Crochet Item using intermediate skills for shaping and fitting multiple pieces together.

819 - Item or pair of items using advanced crochet skills

820 - Item or pair of items using advanced crochet skills to create your own design.

Hand Embroidery Category

821 - 836: Contact the extension office for a list of all classes in this category.

Knitting

837 - Small/simple knitted item(s):

838 - Knitted Item created using Self-striping or Variegated Yarn(s)

839 - Larger/simple knitted item or pair of items

849 - Knitted project focused on Shape—Garment or Fashion Accessory

841 - Knitted project focused on Shape—Stuffed Toy

843 - Knitted project focused on Color Design

844 - Knitted project focused on Textural Design

Quilting Category

845 - 857: Contact the extension office for a list of all classes in this category.

There are many more categories for fair entries.

For all categories visit: 4-h.ca.uky.edu/kentucky-4-h-state-fair-0



Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension



Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

Owsley County Extension Office
92 Industrial Park Road
Booneville, KY 41314(606) 593-5109
Thursday, May 29, 2025
7:00 - 8:30p.m.

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EAT SMART TO PLAY HARD



KENTUCKY NUTRITION EDUCATION PROGRAM | YOUTH TOOLKIT

TASTY EDIBLE INSECTS

INGREDIENTS

- 6 celery stalks
- ½ cup hummus or pimento cheese
- 1 apple
- 48 mini chocolate chips
- 48 mini pretzel sticks
- 36 raisins
- 24 mini pretzel twists

DIRECTIONS

1. Cut each stalk of celery into 4 pieces, removing leaves.
2. Fill the cavity of each celery piece with approximately one teaspoon of hummus or pimento cheese.
3. Add two chocolate chips (or carrot shreds) for eyes on the end of each celery piece. Place pretzel sticks behind eyes to look like antenna (**note:** if too long, break in half).
4. Quarter apple and remove core and seeds. Slice lengthwise into twelve, ¼-inch thick slices.
5. On half of the celery pieces, make snails. Place an apple slice behind the antennae.
6. On the other half of the celery pieces, make butterflies. Place two pretzel twists on either side of the “body” of celery insect. Add three raisins down the back, between the pretzel twists.



Nutrition Facts

12 servings per container	
Serving size	2 snacks (54g)
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 125mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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What our 4-Hers' have been up to!

