

4-H Newsletter



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

Fall 2018

Cooperative Extension Service Jackson County

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Jackson County Fair Schedule

- **TUE, August 28** -12:00 to 6:00 p.m.–Enter Fair Entries
- **THU, August 30** - 9:00 AM to 4:00 p.m. - Open for Viewing
- **FRI, August 31** - 9:00 a.m. to 6:00 p.m. - Open for Viewing
- **SAT, September 1** 1:00 p.m. to 3:30 p.m. - Open for viewing

All school age youth from Kindergarten to 12th grade that receives a Blue (\$5.00) Red (\$3.00) or White (\$2.00) ribbon will receive the amount listed for that color ribbon. Only seven entries per person may be entered.

National 4-H Week: **October 7-13, 2018**

During the week of October 7-13, youth all over the world are celebrating National 4-H Week. Join us in Jackson County by helping us celebrate along with WWAG Radio station by listening for 4-H Trivia on Friday, October 5 during Jackson County's Fall Break. Youth 9-18 years of age that call in with the correct 4-H Trivia answer will win a 4-H item. Prizes for the 4-H Trivia are sponsored by the Jackson County 4-H Council.

**Kentucky Strawberries are a
great source of Vitamin C!**

4-H Expressive Art Painting Program

Youth 12-18 years of age come and join us to learn how to paint during our **4-H Expressive Art Painting Program**. Youth will meet on **Thursdays from 3:30-5:00 at the Jackson County Extension Service for the month of October**. The dates are October 4; 11; 18; and 25. Wilma Nunn, 4-H Expressive Arts Instructor, will teach youth how to paint a beautiful oil painting on canvas.



Youth will also participate in the 4-H Rocks program by painting rocks with Clovers to hide with clues shared on our Jackson County 4-H Rocks Program Facebook. Please call the Jackson County Extension Service, 287-7693, to pre-register no later than Monday, September 24 so that the appropriate amount of materials may be purchased.

4-H Up-Cycling Trash to Treasure Program

So you think your old sweater needs to be thrown away—not yet!! What about that old T-shirt?? Come and learn how to make holiday gifts for yourself and your family and friends at no cost!! 4-H age youth (9-18 years old) will meet every Thursday in November (1st; 8th; 15th and 29th) from 3:30 to 5:00 p.m. at the Jackson County Extension Service. We will learn how to recycle things we thought were trash into treasures. Youth will take home 4 different projects. Youth must pre-register no later than Thursday, October 25 by calling the Jackson County Extension Service at 287-7693.

**Kentucky Blackberries
have no fat and are a
good source of
potassium, vitamin C
and fiber.**

4-H Health Rocks Program

During the months of November and December, 4th and 5th grade youth will participate in a 4-H Health Rocks program during their Physical Activity Class at their school. This program helps youth learn how to develop the internal strength to resist risky behaviors. The goal of this program is to reduce youth tobacco, alcohol and illicit drug use.

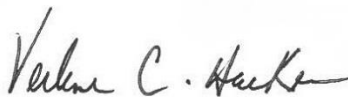
4-H Poinsettia Fundraiser

Have you bought your poinsettias for the Christmas holidays yet? If not, Jackson County 4-H is having their Annual 4-H Poinsettia Sale which helps send Jackson County youth to 4-H Camp. Colors available are Prestige Red, Prestige Pink, Prestige White and Prestige Marble. Please call the Jackson County Extension Service at 606-287-7693 for more information or to place your order. **All orders must be placed by Friday, November 16.** The poinsettias are arriving at the Jackson County Extension Service the week of December 3rd and may be picked up throughout the week from 8:00 a.m. to 4:30 p.m.

**Summer Squash contains
Vitamin A and C, and is
naturally free of fat,
cholesterol and sodium.**

Happy Fall!

Sincerely,



**Verlene Congleton-Hacker
County Extension Agent
for 4-H and Youth Development**

