



UK Cooperative
Extension Service

OCTOBER

DATES TO REMEMBER

- Oct. 16: 4-H Achievement Info Session, 5:30 pm
- Oct. 20: Deadline for KY 4-H Issues Conference sign up
- Oct. 23: Livestock Club Halloween Party, 6 pm
- Oct. 27: Homeschool Club, 5 pm
- Oct. 31: Deadline for Speech Contest Registration
- Nov. 5: Cloverbud Cooking, 4 pm*
- Nov. 6: Horticulture Club, 5:30 pm
- Nov. 6: Fair Project Series-Watercolor, 5:30-7 pm*
- Nov. 7: Fair Project Series-Watercolor, 9:30-11 am *

*must RSVP to attend

NRESOI AMBASSADOR

Congratulations to Fiona Rykwalter on being named a 4-H Natural Resources and Environmental Science (NRESOI) Teen Ambassador!



NEW PROGRAM YEAR

September is the beginning of the 2025-2026 program year for 4-H! Enrollment forms are now available at our office and online at <https://daviess.ca.uky.edu/4h-enrollment>. All Daviess County youth are welcome to join 4-H anytime! 4-H is for youth ages 9-18. 4-H Cloverbuds is for youth ages 5-8. Youth/adults must complete a new form every year. You must submit a new enrollment form to continue receiving the 4-H newsletter each month. Next month's newsletter will be the last one you receive until you submit this year's enrollment form.

More information on Daviess County 4-H can be found on our website at <https://daviess.ca.uky.edu/4h-youth-development>. Also be sure to check out our social media pages!



facebook.com/daviessco4H



instagram.com/daviessco4h

SHOOTING SPORTS

Our shooting teams recently competed at the KY 4-H State Shooting Sports Competition. We had many personal bests and brought home lots of hardware! Congratulations to all those that competed!

MARKSMEN

Our 9-11 year old BB team won first place!

Team members included: Jaxten Boarman, Mackenzie Rogers, Evie Dewig, and Russell Westerfield

CRUSHERS

Our 15-18 year old trap team won first place!

Team members included: Easton Fuqua, Chris Palmer, Christopher Rhoades, William Basham, and Kaden Coons.

FULL RESULTS

BB RIFLE

Mackenzie Rogers (9-11): 1st Place, 264
Jaxten Boarman (9-11): 224
Russell Westerfield (9-11): 214
William Westerfield (9-11): 195
Evie Dewig (9-11): 233
Alli Dewig (12-14): 231
Taylor Dewig (12-14): 241
Gavin Edgell (15-18): 232

AIR RIFLE TARGET

Mackenzie Rogers (9-11): 1st Place, 261
Russell Westerfield (9-11): 2nd Place, 137
William Westerfield (9-11): 88
Grant Connor (12-14): 1st Place, 262
Alli Dewig (12-14): 150
Taylor Dewig (12-14): 212
Gavin Edgell (15-18): 256
Lillian Connor (15-18): 3rd Place, 263

.22 RIFLE TARGET

Mackenzie Rogers (9-11): 1st Place, 270
Jaxten Boarman (9-11): 96
Russell Westerfield (9-11): 86
Alli Dewig (12-14): 2nd Place, 196
Taylor Dewig (12-14): 3rd Place, 183
Gavin Edgell (15-18): 257
Lillian Connor (15-18): 270

TRAP

Russell Westerfield (9-11): 14/25
Grant Connor (12-14): 99/100, 4th, Personal Best
Mason Hammonds (12-14): 43/50, Personal Best
AddieMae Canary (12-14): 27/50, Personal Best
Landon Burden (12-14): 39/50, Personal Best
Garrett Faith (15-18): 42/50, Personal Best
Emily Wimsatt (15-18): 79/100
Easton Fuqua (15-18): 95/100
Chris Palmer (15-18): 97/100
William Basham (15-18): 99/100

AIR RIFLE SPORT

Grant Connor (12-14): 1st Place, 235
Lillian Connor (15-18): 3rd Place, 219



LIVESTOCK CLUB HALLOWEEN PARTY

Join us at the Curtsinger Building at the Daviess County Fair Grounds on October 23rd for our Livestock Club's annual Halloween Party! The party will begin at 6:00 pm. There will be food, games, costumes, and fun! Bring your animal and dress them up to win the costume contest! Humans may also wear their costume. Be sure to bring a food item to share.

4-H FAIR PROJECT SERIES

It is time to sign up for November's 4-H Fair Project Series! The project will be watercolors. Two classes will be offered, one on Nov. 6 from 5:30-7:00 pm and another Nov. 7 from 9:30-11:00 am.

Please contact the extension office at (270) 685-8480 to sign up. Kids must be 7 and up. Space is limited!

SPEECH CONTEST

Get a jumpstart on your public speaking skills with the 4-H Speech Contest. Through the 4-H Speech Project, youth learn to write and prepare a speech on any topic they feel passionate about. Speech length for ages 9-13 is 3-5 minutes. Speech length for ages 14-18 is 5-7 minutes. For more information visit: daviess.mgcafe.uky.edu/4h-communications

Registration Deadline is October 31, 2025. Contest is tentatively scheduled for the afternoon of Wednesday, December 10.

4-H ACHIEVEMENT PROGRAM INFO SESSION

The 4-H Achievement Program is a cumulative record of a 4-H'er's participation and awards. A 4-H'er can submit their achievement application starting at age 10. Ages 10-12 receive a pin and a patch. Starting at age 13 with the Bronze level, 4-H'ers can be selected for scholarships to attend 4-H Teen Summit or 4-H Teen Conference. Those achieving Silver and Gold can apply to attend 4-H Congress in Atlanta, Georgia. The 4-H Achievement form is required to apply for the Daviess County 4-H Council Scholarship of up to \$1000.

Come and learn on Thursday, October 16 at 5:30 pm at the Extension Office. Parents and 4-H'ers alike are welcome. Pizza will be provided to those who RSVP by noon on October 15. The session will last approximately one hour. The form has changed significantly, so even if you have filled it out before, you will want to come and learn about the new format.



Kentucky 4-H Issues Conference

Dates:

November 20-22

Location:

Paradise Valley
Conference Center in
Burkesville, Kentucky

Registration:

Due October 20.

Open to grades 9-11.

Contact Stacey Potts
at (270) 685-8480 or
stacey.potts@uky.edu
to learn more.

Leap into Civic Action!

Join the 36th annual 4-H Issues Conference to develop action plans and make a real impact. This is your chance to gain leadership skills, create meaningful change, and even apply for grants to fund your projects.



ISSUES

CONFERENCE

GRITS, GREENS, and EGG BOWL

Ingredients:

- 1/4 cup quick-cooking grits
- 2 tablespoons shredded, sharp cheddar cheese
- Nonstick cooking spray
- 1/2 cup packed, fresh, chopped spinach
- Dash garlic powder
- 1 egg
- Salt (optional)
- Ground black pepper (optional)
- Hot sauce (optional)



Servings: 1 Serving Size: 1 recipe

Directions:

1. Wash hands with soap and warm water, scrubbing for 20 seconds.
2. Cook grits according to package directions. Once done, stir in cheese. Set aside until the remaining ingredients are prepared.
3. While grits cook, heat a small skillet over medium heat. When the skillet is hot, coat it with cooking spray. Add spinach and garlic powder and lightly sauté until spinach is warm and tender, about 1 minute. Remove from pan and set aside.
4. Return skillet to the stove. Coat the pan with cooking spray. Crack an egg into the pan and cook the egg on each side until the yolk is set.
5. Rewash hands after handling raw eggs.
6. Assemble the meal in a bowl by first adding the grits, then the spinach, and topping with the egg.
7. Season dish to taste with salt, black pepper, and hot sauce, if desired.
8. Serve immediately. Refrigerate leftovers within 2 hours.

NOTES: Try other greens like collards or kale as a substitute for spinach or reheat leftover cooked greens for this recipe. This way, you can always use what you have on hand. If you prefer scrambled egg, prepare it instead of a fried egg.

Nutrition facts per serving: 390 calories; 10g total fat; 4.5g saturated fat; 0g trans fat; 200mg cholesterol; 170mg sodium; 60g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugar; 17g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 30% Daily Value of iron; 6% Daily

Stacey R. Potts
Daviess County Extension Agent
for 4-H and Youth Development



Sharayha Clingenpeel
Daviess County Extension Agent
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