

# LARUE COUNTY 4-H

## NEWSLETTER

# APRIL 24



**KENTUCKY**   
**COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

LaRue County  
PO Box 210, 807 Old Elizabethtown Rd.  
Hodgenville, KY 42748-0210  
(270) 358-3401  
larue.ca.uky.edu

## IMPORTANT DATES



4-H Wranglers Horse Club  
Tuesday, April 2, 6:00pm at the LaRue County Extension Service

4-H Cooking Club  
Wednesday, April 3, 4-5:30pm at the LaRue County Extension Office

4-H Shooting Sports  
Thursday, April 4, 6:30pm at the New Haven Gun Club (Weather permitting)

4-H Dog Club (Bring dogs)  
Sunday, April 7 at 5:00pm at Stephanie Florence's barn

4-H Livestock Club  
Monday, April 8, 6:00pm at the LaRue County Extension Service

4-H Speech, Demo, and Mock Interview Contest deadline  
Wednesday, April 10, Call 270-358-3401 to register.

4-H Teen Club  
Friday, April 12, 2:00pm at the LaRue County High School Greenhouse Classroom

4-H Speech, Demo, and Mock Interviews Contest  
Monday, April 15th

4-H Gardening Club  
Tuesday, April 16, 5:00pm at the LaRue County Extension Service

4-H Dog Club (No dogs)  
Tuesday, April 16, 6:00pm at the LaRue County Extension Service

4-H Canoe & Kayak Club  
Wednesday, April 17, 6:30pm at the LaRue County Extension Service

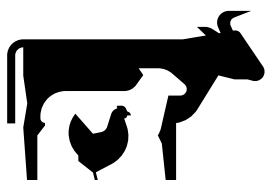
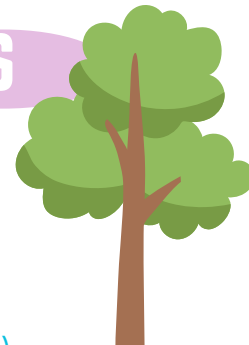
4-H Shooting Sports Thursday, April 18, 6:30pm at the New Haven Gun Club (Weather permitting)

4-H Camp Registration  
4-H Camp registration is open. Call 270-358-3401, visit our website, or come to the office to register.

4-H Forestry Plant a tree promotion  
Submit pictures planting trees to [mwilmoth@uky.edu](mailto:mwilmoth@uky.edu) Deadline to enter is April 22nd.

4-H Dog Club (Bring dogs)  
Tuesday, April 23, 5:00pm at the LaRue County Extension Service

4-H Cloverbuds  
Thursday, April 25, 5:00pm at the LaRue County Extension Service



**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**

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Sincerely,

*Misty Wilmoth*

Misty Wilmoth  
LaRue County Extension Agent  
For 4-H Youth Development  
mwilmoth@uky.edu



EXTENSION  
**EX**  
**PO**  
 Cooperative Extension Service  
**2024**





Kentucky  
**4-H Teen  
Conference**

2024



**100th**  
ANNUAL

**ILLUMINATE 4-H**  
LEXINGTON, KENTUCKY

June 11 - June 14

Explore college,  
future career paths,  
and gain leadership  
skills with 4-H

**LOCATION**

University of Kentucky  
Lexington, KY

**PRICE** \$250

Contact your county  
4-H Agent for more info

**PLEASE CONTACT  
SARA.FORD@UKY.EDU FOR  
REGISTRATION FORMS AND  
COHORT DESCRIPTIONS!**

**REGISTRATION DEADLINE : MAY 1ST**



# Gardening Club



# Cooking Club!





**JOIN US FOR**  
**WEST KY**  
**4-H**  
**CLOVERBUD CAMP**

**JUNE 21-23** **IN DAWSON**  
**SPRINGS, KY**

**ADULT(S) MUST HAVE A BACKGROUND**  
**CHECK WITH COUNTY EXTENSION OFFICE**

**\$160 - CLOVERBUDS (5-8 YRS OLD)**  
**\$150 - TEEN (16 & UP) & ADULTS**

REGISTRATION DUE TO the  
LaRue County Extension Office  
807 Old Elizabethtown Rd.  
Hodgenville, KY 42748  
BY WEDNESDAY, MAY 15

# EVENTS

Ag, Canoeing, Cooking, Crafts, Fishing, Low Ropes,  
Nature, Recreation, Swimming

For more information contact **Misty Wilmoth**

Phone: (270) 358 - 3401

Email: [mwilmoth@uky.edu](mailto:mwilmoth@uky.edu)

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# 4-H VOLUNTEER SPOTLIGHT

# JOHN BALL

JOHN BALL HAS BEEN A 4-H VOLUNTEER SINCE 2012. HE IS A CERTIFIED LIVESTOCK VOLUNTEER AND A MASTER ACCREDITED POULTRY VOLUNTEER.

JOHN RECENTLY COMPLETED MASTER ACCREDITATION IN AGRICULTURE. HE IS THE COUNTRY HAM PROJECT LEADER AND ALSO ATTENDS 4-H CAMP AS AN ADULT LEADER.

JOHN SERVES ON THE 4-H COUNCIL AND IS A PAST PRESIDENT. HE ALSO WORKS CLOSELY WITH THE LARUE COUNTY FAIR AND HELPS SECURE FUNDING. HE IS THE SUPERINTENDENT OF VARIOUS LIVESTOCK SHOWS.

HE CAN ALWAYS BE FOUND HELPING WITH THE COTTON CANDY FUNDRAISING AT LINCOLN DAYS. RECENTLY, HE WAS AWARDED THE KENTUCKY 4-H CERTIFIED LIVESTOCK VOLUNTEER AWARD.





# Dog Club

Teen Summit



**ENROLL TODAY**

**4-H is for YOU!  
4-H is for FUN!**



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development

## 4-H FORESTRY

# PLANT A TREE PROMOTION

Open to LaRue County youth

Submit a photo of youth with planted tree

to: [mwilmoth@uky.edu](mailto:mwilmoth@uky.edu)

Deadline: April 22, 2024

All submitted entries will be entered into a drawing.

Five participants will win \$20 each from LaRue County 4-H.

Information on planting seedlings may be found on reverse.

For more information on the 4-H Forestry Project,

contact the Extension Office at 270-358-3401.



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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# STATE LEADERSHIP BOARDS

Applications are available for the following State Leadership Boards:

- **SCIENCE ENGINEERING & TECHNOLOGY (SET)**
- **NATURAL RESOURCES AND ENVIRONMENTAL SCIENCES (NRESOI)**
- **SHOOTING SPORTS TEEN AMBASSADOR BOARD (SSTAB)**
- **STATE TEEN COUNCIL (STC)**
- **FASHION LEADERSHIP BOARD (FLB)**

**Applications are due to the LaRue County Extension Office by April 26th 2024!**



# POULTRY BBQ WORKSHOP

@ the Hardin County Extension Office



LEARN THE RULES AND TIPS FOR  
PARTICIPATING IN THE STATE POULTRY  
BBQ CONTEST IN JULY!

LIMITED SPOTS  
AVAILABLE!

CALL 270-358-3401 TO REGISTER

*4-H Speeches, Demonstrations &  
Mock Interviews*

4-H  
is the  
best  
program



APRIL 15TH  
AT THE LARUE COUNTY  
EXTENSION OFFICE

CALL 270-358-3401 TO  
REGISTER FOR A TIME  
SLOT!

Sign up to participate by  
April 10th!



# 4-H Speeches



## Preparing you for your future!

Do you like to speak in front of a group? Have you ever had to make a speech in your classroom? Would you like to learn the skills and gain the confidence to be an outstanding public speaker? Then you should participate in the Kentucky 4-H Communications Program! 4-H members can learn how to prepare and present a speech on any topic they feel passionate about.

## What is a speech?

A **speech** or talk is 3 to 5 minutes long for junior 4-H members (9-13 years old) and 5 to 7 minutes for senior 4-H members (14-18 years old). No visual aids may be used.

## Preparation

The following steps will help you prepare to give a speech or demonstration.

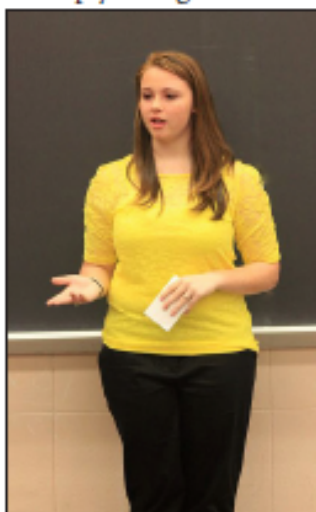
- **Choose a topic.** Find a subject that you know something about or that is of interest to you. Make sure your topic is not too broad.
- **Select a Title.** Think of a title that relates to the subject and is catchy, original and short. It should suggest the subject without telling the whole story.
- **Collect information.** Think about what you already know about your topic. What examples do you know that will illustrate your speech or demonstration? Is there a poem, a song, or a joke that you can use to make a point clear? Why is the topic important?
- **Organize materials.** Separate your materials and ideas into three parts: introduction, body and conclusion. Use the **4-H Speech Guide** at the end of this publication.
  - **Introduction.** Get the attention of your audience, make them want to listen, inform them of your subject and show them how the subject concerns you. Tell a story or joke, or read a quote. Tell the audience what you are going to talk about and why that topic is important to them.
  - **Body.** Select two or three main points and explain each point. Use accurate and up-to-date information. Arrange key points in logical order.

## *When using gestures, try to be natural and relaxed.*

- **Conclusion.** Briefly restate your main ideas. Leave your audience with an attention-grabbing statement, question or wrap-up thought.
- **Make note cards.** Do not write your entire speech on cards. Have only the main points and key words written down. Note cards should help you organize your speech but should not be a distraction.
- **Practice!** Give your speech in front of a mirror and in front of friends and family.

### **Delivery**

- **Eye Contact.** Look directly into the eyes of your audience during your speech. Look at people in various parts of the audience.
- **Posture.** Stand in a comfortable position with your feet several inches apart and your back straight.
- **Voice.** Speak loudly and clearly enough for all to hear. Try to sound conversational. Do not yell or talk too softly.
- **Gesture.** When using gestures, try to be natural and relaxed.
- **Emphasis.** Pause just before and after an important point. You may also change your tone of voice or step closer to the audience.
- **Quotations.** Give full credit to your source and pause before and after so the audience knows where the quote begins and ends.



- **Notes.** Do not write your entire speech on cards. Do not read from your note cards! Refer to your cards for the main points you want to make.
- **Attire.** Dress appropriately for your audience and topic. Costumes are *not* allowed for speeches.

### **Practice, Practice, Practice!**

As you practice your speech or demonstration, ask your leader, teacher or family to evaluate it using the checklist below.

- Dress clean, neat and appropriate
- Posture erect but not stiff
- Gestures poised and natural
- Voice easily heard
- Voice expressive
- Introduction interesting, brief and gives purpose
- Body of speech well organized in logical order
- Eye contact with the audience
- Correct grammar and vocabulary
- Notes do not distract
- Talk flows smoothly from one point to the next
- Subject matter accurate and up to date
- Suitable for age

Contact your County Extension Agent for 4-H Youth Development for more information on the 4-H Communications Program!

Adapted by Jennifer Tackett from Speak Up! Kentucky 4-H Talk Meet (4KA-01PB) by Jann Burks and Would You Like to Do a 4-H Demonstration? (4KA-02PA) by Anna B. Lucas and Susannah Denomme.

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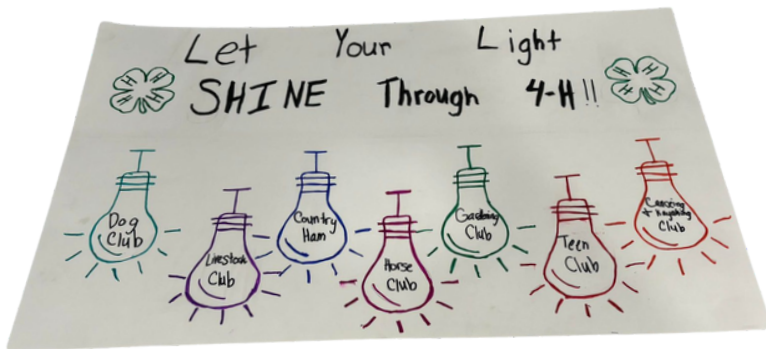
# POSTER CONTEST RESULTS



**Hannah Falk -  
High School Champ**



**Eva Falk -  
8th Grade Champ**



**Ellee Marksbury -  
7th Grade Champ**



**Leo Falk -  
6th Grade Reserve Champ**



**Ella Cundiff -  
5th Grade Champ**



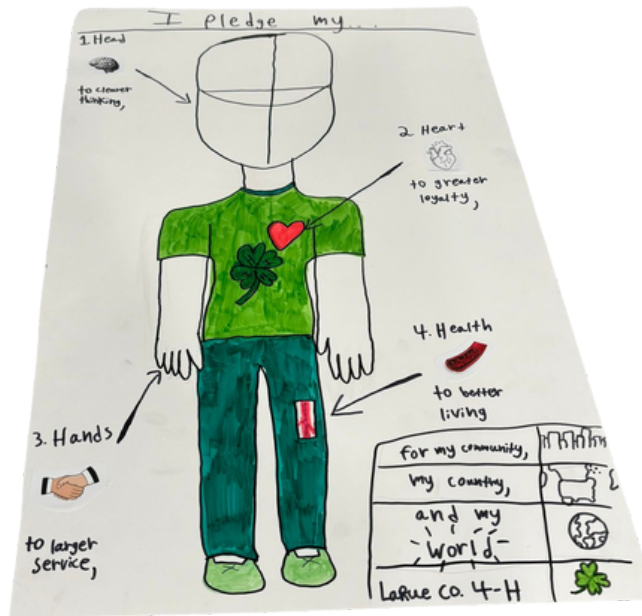
**Hunter Locke -  
4th Grade Champ**



**Caroline Falk -  
4th Grade Reserve Champ**



**Trinity Florence -  
Cloverbud**



**Ava Cheeseman -  
6th Grade Champ**

**CONGRATULATIONS**



## ANTS ON A LOG

### Ingredients:

- Ants on a log (celery logs, peanut butter, raisins)
- Ladybugs on a log (celery logs, strawberry cream cheese, dried cranberries)
- Fish in the river (celery logs, cream cheese or hummus, goldfish crackers)
- Ants on an apple (apple wedges, nut butter or cream cheese, raisins)

### Directions:

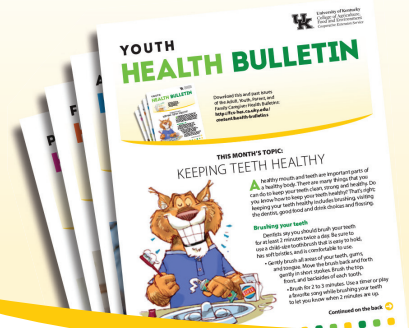
1. Place the spread on celery or apple and place fruit or goldfish on the top.
2. Enjoy!



NUTRITION FACTS PER SERVING: 140 calories; 8g fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 95mg sodium; 4g carbohydrate; 1g fiber; 12g sugar; 4g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium.

[planeatmove.com](http://planeatmove.com)

# YOUTH HEALTH BULLETIN



APRIL 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page →



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# If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

➔ Continued from the previous page

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT  
Response  
is VERY  
important!



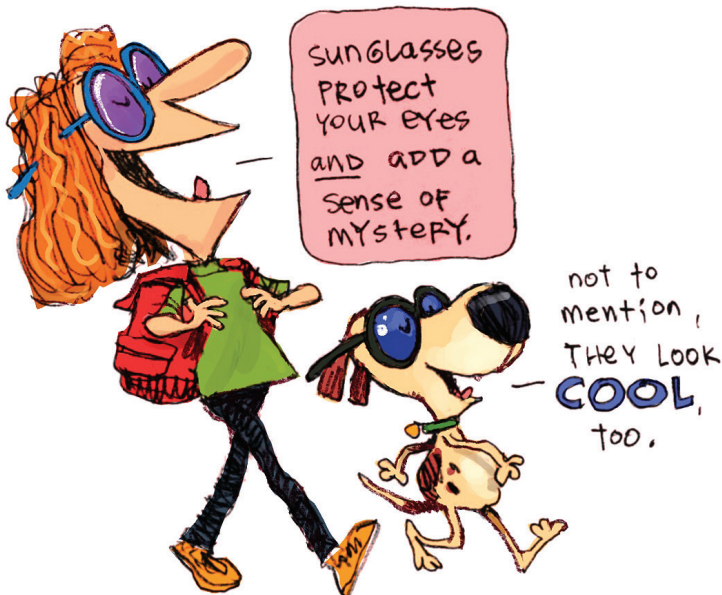
If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

#### REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



ADULT  
**HEALTH BULLETIN**

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