

LaRue County 4-H

AUGUST 2025

NEWSLETTER



Cooperative Extension Service
LaRue County Extension Service
PO Box 210
807 Old Elizabethtown Rd
Hodgenville, KY 42748
270-358-3401
larue.ca.uky.edu/



DEADLINE

Awards Points System are due by **September 30th**

Record Books are due by **October 10th**



Forms can be found at the Extension Office or online at <https://larue.ca.uky.edu/events/4-h-awards-points-0> or scan the QR Code



SPECIAL THANKS TO
JULIAN BROOKS, JAKE
MARKSBURY AND
CHAUNDRA BLAND-
BROOKS FOR
VOLUNTEERING AT WARM
BLESSINGS IN JULY.

UPCOMING DATES:
AUGUST 18TH, SEPTEMBER
15TH & OCTOBER 20TH

Mammoth Cave Forestry Field Day



September 11th, 2025
9:30 am - 2:00 pm CT

SIGN UP TO PARTICIPATE WITH THE
EXTENSION OFFICE BY **AUGUST 27TH.**

INCLUDES INSTRUCTION FOLLOWED BY
COMPETITION IN TREE IDENTIFICATION, COMPASS
AND PACING, AND TREE MEASUREMENT.



**GREAT JOB CYRUS
BIVENS ON YOUR
KENTUCKY STATE
FAIR T-SHIRT DESIGN!**

Sincerely,

Misty Wilmoth

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

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.

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2 
3	4	5 WRANGLERS HORSE CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	6 	7 SHOOTING SPORTS 6:30 PM AT NEW HAVEN GUN CLUB	8	9
10	11 LIVESTOCK CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	12 COUNTRY HAM PROJECT STATE FAIR TAGGING 3:30 PM - 5:30 PM AT LARUE COUNTY EXTENSION SERVICE	13	14	15	16
KENTUCKY STATE FAIR						
17	18 4-H COUNCIL MEETING 5 PM AT LARUE COUNTY EXTENSION SERVICE WARM BLESSINGS	19 DOG CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	20 CANOE & KAYAK CLUB 6:30 PM AT LARUE COUNTY EXTENSION SERVICE SOUTHERN REGION TEEN LEADERSHIP CONFERENCE REGISTRATION DEADLINE ***REGISTER WITH THE EXTENSION OFFICE***	21 SHOOTING SPORTS 6:30 PM AT NEW HAVEN GUN CLUB	22	23
KENTUCKY STATE FAIR						
24	25 4-H RECORD BOOKS & ACHIEVEMENT FORM HELP 6 PM AT LARUE COUNTY EXTENSION SERVICE	26	27 FORESTRY FIELD DAY REGISTRATION DEADLINE ***REGISTER WITH THE EXTENSION OFFICE***	28	29	30
31						

KENTUCKY STATE FAIR

State Communications CONTEST RESULTS



CYRUS BIVENS & AVERY BIVENS
SENIOR TEAM DEMONSTRATION
CHAMPION
CYRUS BIVENS
MOCK INTERVIEW
BLUE



DIXON WHITMORE & CLAY STILLWELL
JUNIOR TEAM DEMONSTRATION
BLUE



CHARLIE RAGLAND
SENIOR SPEECH
BLUE



JAKE MARKSBURY
SENIOR SPEECH
BLUE
3RD PLACE



JOEL HINTON
JUNIOR SPEECH
BLUE

ON JULY 12TH LARUE COUNTY 4-HERS COMPETED AT THE
STATE COMMUNICATIONS IN WINCHESTER, KY

CONGRATULATIONS TO LARUE COUNTY 4-HERS!

STATE WRITTEN

COMMUNICATIONS CONTEST RESULTS



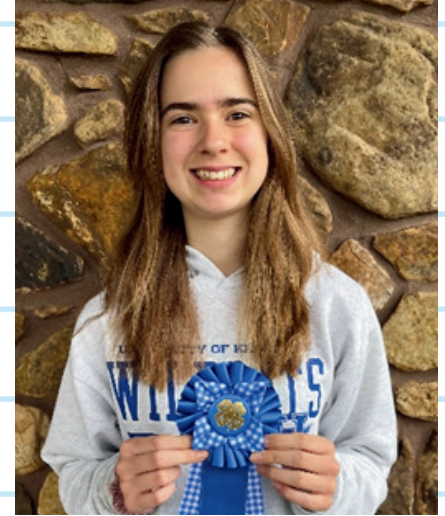
HUNTER LOCKE

Jr. Infographic
Blue
3rd Place
Jr. Poetry
Blue
Reserve Champion



MORGAN REDNER

Jr. Poetry
Blue



EVA FALK

Sr. Poetry
Blue



AVERY BIVENS

Sr. Poetry
Blue
Sr. Public Service Announcement
Blue
3rd Place



CYRUS BIVENS

Sr. Press Release
Blue
Champion
Sr. Infographic
Red



ALLI MARSHALL

Jr. "What 4-H Means
to Me" Essay
Blue
Champion

Congratulations!

STATE 4-H HORSE SHOW & RESULTS



PATRICK JANES
Junior Showmanship - 9th Place



TRAILBLAZERS DRILL TEAM



MORGAN REDNER
Hunters, Poles & Dressage
Champion
Equitation - 2nd Place
Ground Handling - 5th Place
Showmanship - 6th Place



Team Members: Charlotte Collins,
AdyMae Williams, Danica Street, Sylar
Douglass, Lydia Moore and Patrick Janes

BUILD-A-BURGER

Farm to Table Day Camp



FAIR PROJECT CLASSES

🥨 PRETZEL MAKING 🥨



CROCHET WASH CLOTH



Foods

Clay Coil Pot Class



HELP NEEDED!

COTTON CANDY

Plan to help at
the 4-H Cotton
Candy Booth!

LINCOLN DAYS
OCTOBER 4TH & 5TH
"A MAN FOR ALL SEASONS"



CALL
TODAY!



CALL TO SIGN UP
FOR A TIME SLOT
270-358-3401

Cooperative
Extension Service

LaRue County 4-H

COUNTRY HAM

AUCTION



SATURDAY
OCTOBER
4TH
LINCOLN DAYS
MAIN STAGE
1:00 PM



BANANA "ICE CREAM"

INGREDIENTS:

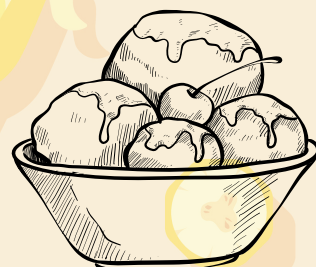
- 2 BANANAS, SLICED & FROZEN
- 2 TABLESPOONS MILK
- TOPPINGS (OPTIONAL)

DIRECTIONS:

1. PEEL AND SLICE BANANAS, PLACE IN FREEZER BAG AND FREEZE OVERNIGHT.
2. BLEND BANANA PIECES AND MILK IN BLENDER UNTIL SMOOTH AND CREAMY. (TURN BLENDER OFF AND SHAKE OR STIR PERIODICALLY IF PIECES AREN'T BLENDING). IT MIGHT TAKE A FEW MINUTES FOR IT TO BECOME THE CONSISTENCY OF SOFT SERVE ICE CREAM.
3. ENJOY!

CHECK OUT MORE RECIPES AT:

[HTTPS://WWW.PLANEATMOVE.COM/RECIPES/](https://www.planeatmove.com/recipes/)



NOTES

YOU CAN MIX IN A HANDFUL OF SLICED STRAWBERRIES, A TABLESPOON OF PEANUT BUTTER, OR A TEASPOON OF COCONUT FLAKES FOR A DIFFERENT FLAVOR.



4-H AWARDS POINTS, RECORD BOOKS & KY 4-H ACHIEVEMENT HELP SESSION



Want to participate in Achievement, but not sure how to get started? Want to be recognized at the 4-H Awards Reception? Confused about how to fill out the forms? Have questions about what to include on Awards Points or Achievement? This is your chance to learn about the updates to the KY 4-H Achievement Program in 2025.

OPEN TO ALL 4-H FAMILIES

(Parents & Kids encouraged to attend together)

AUGUST 25TH, 2025
6 PM AT

LaRue County
Extension Service
807 Old Elizabethtown Rd.
Hodgenville, KY 42748





SUPPORT LARUE COUNTY 4-H USING YOUR KROGER PLUS CARD!

TO SUPPORT LARUE COUNTY 4-H BY SHOPPING AT KROGER, YOU MUST HAVE A KROGER PLUS CARD. VISIT YOUR LOCAL KROGER OR KROGER.COM TO REGISTER FOR A KROGER PLUS CARD. IF YOU USE YOUR PHONE NUMBER AT THE REGISTER, CALL 800-576-4377, SELECT OPTION 4 TO GET YOUR KROGER PLUS CARD NUMBER.

- Scan the QR code below or visit <https://www.kroger.com/i/community/community-rewards>
- Once prompted, log in to your digital account. If you do not have a digital account, create one using your email and Kroger Plus card number.
- You will be redirected to your Community Rewards account page. Click enroll. **Search “LaRue County 4-H” or enter NPO number IR794.** Click enroll again.
- To verify you are enrolled correctly, you should see the organization name on your community account page.
- Members must swipe their registered Kroger Plus card or use the phone number linked to their card when shopping for each purchase to count.



VISIT:

**[HTTPS://WWW.KROGER.COM/I/COMMUNITY/COMMUNITY-REWARDS](https://www.kroger.com/i/community/community-rewards)
OR SCAN THE QR CODE**



DESIGN THE PLATE THAT DRIVES AGRICULTURE

\$500
CASH PRIZE



FRIENDS OF AGRICULTURE LICENSE PLATE DESIGN CONTEST



The Kentucky Department of Agriculture is excited to launch the Friends of Kentucky Agriculture Specialty License Plate Contest with Kentucky 4-H and Kentucky FFA Association. This contest is open to current 4-H and FFA members or any student interested in agriculture! Submit your original photography, digital, or hand-drawn artwork that includes the 4-H, FFA, and Kentucky Proud logos. \$500 cash prize to the winning design!

This brand new plate will be available to all Kentucky drivers who want to show their support for agriculture, not just production farmers. Proceeds will benefit 4-H, FFA, and Kentucky Proud programs across the state. The new Friends of Ag plate will come out in 2026!

DEADLINE: SEPTEMBER 5TH, 2025

ENTER AT: [HTTPS://WWW.KYAGR.COM/AGFRIENDS/](https://www.kyagr.com/agfriends/)

Scan the QR Code or go to [kyagr.com/agfriends](https://www.kyagr.com/agfriends/) for all contest rules

SCAN HERE



BACK TO SCHOOL BASH

FREE
SCHOOL
SUPPLIES!

SAT
AUG 2ND
5:30 PM

Free School Supplies: 5:30 pm - 7:15 pm
(or until the supplies run out)

Live Music: 7:30 pm - 10:30 pm

Food Trucks & More

Lincoln Square, Hodgenville

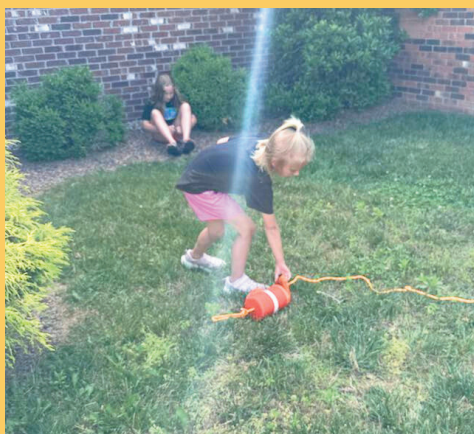
Brought to you by the LaRue County Chamber of Commerce
& The City of Hodgenville

Canoe & Kayak

During the May
meeting Canoe &
Kayak Club
Practiced throwing
rope bags.

Next meeting:
August 20th
at 6 pm

"Meeting will be held at
the LaRue County
Extension Service"





Southern Region Teen Leadership **CONFERENCE**

SEPTEMBER *18th - 21st*

**TRANSPORTATION WILL BE COORDINATED
WITH OTHERS ATTENDING FROM THE
SAME 4-H AREA OR REGION.**

**OPEN TO HIGH SCHOOL
STUDENTS ONLY!**

(Grades 9-12)

LOCATION:

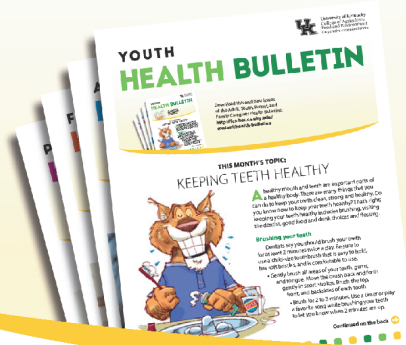
**Clyde M. York 4-H Center
Crossville, TN**

REGISTRATION: \$250

**Register with the LaRue
County Extension Service by
August 20th, 2025**



YOUTH HEALTH BULLETIN



AUGUST 2025

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

LaRue County
 Extension Office
 807 Old Elizabethtown Rd.
 Hodgenville, KY 42748
 (270) 358-3401

THIS MONTH'S TOPIC

THE VALUE OF FRIENDSHIP

Making and having friends is important because it helps us feel happy, learn new things, and grow into strong, confident people. Friends help us feel like we belong. They can support us when we feel lonely or sad. Friendship also teaches us how to share, solve problems, and understand how others think. These skills are important for getting along with others and doing well in school. As we grow up, these same skills help us make decisions about the kind of job we want, the relationships that are important to us, and our values.

Research shows that kids who have friends are more likely to enjoy school and do better in their classes. On the other hand, children who don't have friends may feel anxious or avoid school. Having friends also helps us feel



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Disabilities accommodated with prior notification.

One good way to make new friends is to join activities like sports, clubs, or school events.

→ Continued from the previous page

good about ourselves and gives us more chances to help others. Overall, making and keeping friends is a big part of growing up happy and healthy.

Friends can cheer you up when you're feeling sad, help you when you're having a hard time, and cheer with you when things go well. Friendships teach you how to be kind, fair, and honest. Sometimes friends might fight but learning to say "I'm sorry" or forgive someone is part of being a good friend. It's also OK if not every friendship lasts forever — people change, and that's normal. What matters most is treating others with respect and finding friends who do the same. Good friendships help you feel safe, happy, and confident as you grow up.

So, how do you make new friends? If you overthink this, it can feel harder than it is. The best way to make a friend is to be a friend!

You can make new friends by being kind, open, and willing to try new things. One good way is to



join activities like sports, clubs, or school events where you can meet other kids who like the same things. Saying "hi," inviting them to play a game or do an activity together, or giving a compliment can help start a conversation. You can also make friends by helping others, sharing, or being a good listener. It's important to smile, take turns, and show interest in what others are doing or saying. Being friendly and showing respect makes others feel comfortable and more likely to want to be friends. Even if it feels a little scary at first, trying to talk to someone new can lead to a great friendship!



REFERENCE:

<https://www.ncbi.nlm.nih.gov/books/NBK225544>

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Illustrations © University of Kentucky
School of Human Environmental Sciences

