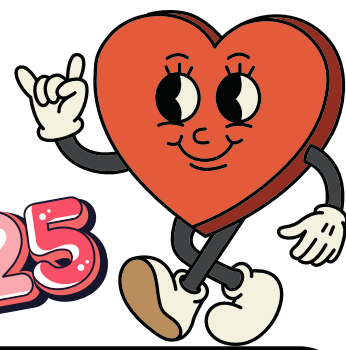


LaRue County 4-H Newsletter February



2025

EVENTS COMING UP!

April

APRIL 1ST

LaRue County 4-H Scholarship Deadline

APRIL 7TH

4-H Poster Contest Deadline

APRIL 21ST

County Speech & Demonstration Contest

May

MAY 16

LaRue County 4-H Talent Showcase

POSTER CONTEST

**DEADLINE:
APRIL 7TH,
2025**

Prizes:

- Every participant will receive a ribbon and points toward the 4-H Awards Point System.
- Champions in grade levels 4-8 and high school level receive a rosette.

Rules:

- Posters must be 14"x22" (1/2 of a standard poster board). No foam core board is allowed.
- 4-Her's may use any medium including markers, crayons, watercolors, oils or collage.
- Posters cannot be 3D.
- The poster must relate to 4-H in some way. For example the poster may be an advertisement for 4-H, depict your favorite 4-H activity, or show what activities are available in 4-H. (National themes can not be used).
- Copyrighted cartoon characters may not be used.
- The 4-Her's name, age, grade, full address and school must be written in the upper left corner on the **BACK** of the poster in addition to a brief statement about the message of the poster.



Cooperative Extension Service

extension

EXPO

2025

MARCH 15
10 AM - 2 PM
LC HIGH SCHOOL GYMNASIUM
911 S. Lincoln Blvd., Hodgenville

Misty Wilmoth Cooperative Extension Service

Misty Wilmoth, LaRue County Extension Agent for 4-H Youth Development Education
mwillmoth@uky.edu

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

LARUE COUNTY 4-H SWEATSHIRT SALES

\$20
YOUTH LARGE - ADULT XL

\$22
2XL OR 3XL

Contact the LaRue County Extension Service if you are interested!
270-358-3401 or mwillmoth@uky.edu

LIMITED SUPPLY!

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.

Cooperative Extension Service

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

FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
02	03 4-H COUNCIL 5 PM AT LARUE COUNTY EXTENSION SERVICE	04 WRANGLERS HORSE CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	05 COOKING CLUB 4-5: 30 PM AT LARUE COUNTY EXTENSION SERVICE	06	07	08
09	10 LIVESTOCK CLUB 5 PM AT LARUE COUNTY EXTENSION SERVICE	11 BEFORE SCHOOL CLUB - LCMS @ 7:25 AM GARDENING CLUB 5 PM AT LARUE COUNTY EXTENSION SERVICE	12	13	14 LIVESTOCK QUIZ BOWL <i>Happy Valentine's Day</i>	15 LIVESTOCK SKILLATHON
16	17 TEEN CLUB - WARM BLESSINGS	18 DOG CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	19 CANOE & KAYAK 6:30 PM AT LARUE COUNTY EXTENSION SERVICE	20 6TH GRADE CLUB - LCMS - MRS. PADEN SHOOTING SPORTS CHILI COOKOFF 6:30 PM AT LARUE COUNTY EXTENSION SERVICE	21 HES/ALES 4TH & 5TH GRADE CLUB MEETINGS	22 CANOE & KAYAK HIKE
23	24	25	26 KY 4-H CAPITOL EXPERIENCE	27 6TH GRADE CLUB - LCMS - MRS. PADEN CLOVERBUDS 5 PM AT LARUE COUNTY EXTENSION SERVICE	28 TEEN CLUB 2 PM AT LCHS GREENHOUSE CLASSROOM	01



FILL OUR
clover
VOLUNTEER EDITION

HELP US EXPAND THE LARUE COUNTY 4-H PROGRAM! VOLUNTEERS ARE NEEDED FOR A WIDE VARIETY OF ROLES. IF YOU HAVE A TALENT OR SKILL THAT YOU ARE WILLING TO SHARE WITH YOUTH, PLEASE CONTACT 4-H AGENT, MISTY WILMOTH. ADDITIONAL CLUBS OR CLASSES CAN BE OFFERED BASED ON THE EXPERTISE OF OUR VOLUNTEERS. IF YOU ARE WILLING TO SERVE AS CHAPERONE OR JUDGE FOR 4-H COMPETITIONS, YOUR HELP IS NEEDED.

CURRENTLY SEEKING 4-H COUNCIL MEMBERS. THE 4-H COUNCIL OVERSEES THE COUNTY 4-H PROGRAM WITH FUNDING SUPPORT AND PROGRAMMING DIRECTION. THE GROUP MEETS EVERY OTHER MONTH AND THE NEXT MEETING WILL BE ON MONDAY, FEBRUARY 3RD AT 5:00 P.M. IF YOU HAVE AN INTEREST IN SERVING ON THE LARUE COUNTY 4-H COUNCIL, CONTACT 4-H AGENT, MISTY WILMOTH BY EMAIL MWILMOTH@UKY.EDU OR BY PHONE AT 270 358-3401.



Little Caesars® Fundraising



Sales Start February 3rd!

Top seller: \$50 Cash Prize

\$25 cash drawing for sellers who sell 10 or more items



*All sellers **MUST** be available to pick up sold items the week of March 24th, exact date and time to be determined.

**Orders and money must be submitted
to the Extension Office by
4:00 PM on Friday, March 7th**

*Checks should be made payable to LaRue County 4-H Council

Orders may be made online
at www.pizzakit.com,

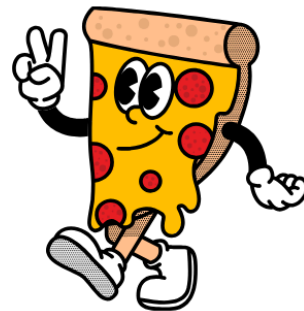
FUNDRAISER ID: 452635

How to place a online order:

1. Click "Products"
2. Click "Shop"
3. "Ship my order to the group"

Buyer must list the seller so the seller is credited.

**Online orders will be delivered to
LaRue County Extension Service**



LaRue County
Extension Service
807 Old Elizabethtown Rd
Hodgenville, KY 42748
Questions?
Email 4-H Agent, Misty Wilmoth at
mwilmoth@uky.edu or call
270-358-3401

LaRue County 4-H

Upcoming Events

MAY

AREA COMMUNICATIONS CONTESTS
MAY 6TH, 2025 @ GRAYSON COUNTY EXTENSION OFFICE

JUNE

KY 4-H TEEN CONFERENCE
JUNE 10-13TH, 2025
Registration will begin in April.

4-H CAMP
JUNE 17-20TH, 2025

Registration is now open! Forms are available
at LaRue County Extension Service or online
at <https://larue.ca.uky.edu/events/2025-4-h-camp>

CLOVERBUD CAMP
JUNE 20TH-22ND, 2025

SAVE THE DATES!

JULY

KY 4-H SPEECH DEMONSTRATIONS
& MOCK INTERVIEW CONTESTS
JULY 12TH, 2025

LARUE COUNTY FAIR
JULY 31ST-AUG 2ND, 2025

AUGUST

KY STATE FAIR
AUGUST 14-24TH, 2025


Kentucky
STATE FAIR

SEPTEMBER

FALL FEST
SEPTEMBER 22ND, 2024 AT CRAWFORD FARMS



4-H COUNCIL MEETINGS

APRIL 7TH, 2025, JUNE 2ND, 2025 &
JULY 28TH, 2025



Dustin Worthington

“ I Love Cows” Essay Contest



Requirements:

- Must be an active member of 4-H or FFA
- Open to any youth in Kentucky

Want to win a heifer calf?

Application Deadline: March 3rd, 2025

For more information or to apply visit:
<http://www.dustinworthingtonmemorial.org/>



Dustin Worthington
1982-2000

The awards are presented on April 4th, 2025 at the Mercer County Extension Office. Anyone who has an interest in the cattle industry, 4-H or FFA is asked to contribute to the fund.

Contributions to the Memorial Fund please mail to:

Dustin Worthington Memorial Fund
436 Arrowhead Road
Harrodsburg, KY 40330

Questions? Please contact:

Dana Anderson
(859) 734-4378 or dana.anderson@uky.edu



WINTER

Clothing Drive

How can you help?

4th graders are collecting gently used or new winter clothing items. This is a 4-H service project that will run through the month of January and mid-February.

A box will be located at HES by the front office.

JOIN THE CAMP MAGIC!

Register now to attend
4-H Camp June 17-20th!

Forms are available at LaRue County Extension Service or online at <https://larue.ca.uky.edu/events/2025-4-h-camp>
Teen Leader Applications are due by **March 3rd!**





**LaRue County
4-H Shooting Sports**

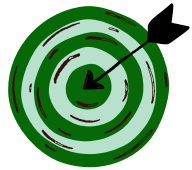


BRING YOUR BEST CHILI TO
COMPETE IN THE CHILI COOK
OFF OR JUST COME AND
ENJOY A VARIETY OF CHILI
RECIPES!

Chili 
COOK OFF

**THURSDAY,
FEBRUARY 20TH**

6:30 PM AT THE
LARUE COUNTY
EXTENSION SERVICE



SHOOTING SPORTS



ANNUAL SAFETY MEETING



Congratulations

TO CYRUS BIVENS

National Reserve Champion

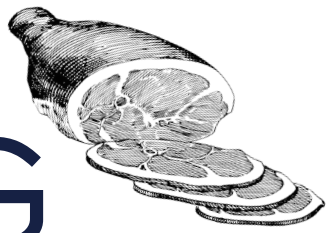


Cyrus attended the National 4-H Family and Consumer Sciences Conference and Championship in San Antonio, Texas in January and was the Reserve Champion in the FCS Educational Presentations category.





COUNTRY HAM CURING





BLUEGRASS BEGINNINGS BOUNDLESS FUTURES

Your \$10 Ag Tag Donation Grows
Agriculture & Leaders Across Kentucky



KENTUCKY AG TAG

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

100% of the funds are used to support FFA, 4-H and Kentucky Proud members across Kentucky directly.



CANDY SALES



Hunter Locke
Top Candy Seller

Caden McCreery
\$25 Drawing Winner

*Hunter sold 14 boxes of candy!

*Caden sold 5 boxes of candy!

Sold 1 Box:

- John Ball William Shaw
- Ian Perez Scarlett Shaw
- Hunter Miller Kinsly Detre
- Ellie Brothers Cole Janes
- Ella Cundiff Lillian Yates
- Lexi Yates Mackenzie Glass

- Sidney Shewmaker
- Benjamin Miracle

Sold 2 Boxes:

- Clay Stillwell
- Emma Stillwell
- Rylan Hines
- Kaylee Hines
- Kinley Brown
- Londyn Lich

Sold 3 Boxes:

- Avery Bivens
- Cyrus Bivens
- Skyler Sirel
- Mackenzey Rucker

Sold 6 Boxes:

- Trinity Florence
- Alivia Smith

Sold 8 Boxes:

- Marti Williams

Sold 9 Boxes:

- Makayla Wease

Sold 4 Boxes:

- Elijah Reiman
- Kaylee Rucker

Sold 10 Boxes:

- Morgan Redner

THANK YOU!



YOUTH

HEALTH BULLETIN



FEBRUARY 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>

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

Continued on the next page →



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- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

REFERENCE:

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>



**YOUTH
HEALTH BULLETIN**

Written by:

Courtney Luecking, PhD,
MPH, RDN

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)





Volunteer



SPOTLIGHT

Ashley Gardner

I started volunteering as an adult with 4-H because I wanted my kids to have the same wonderful experience I had growing up in 4-H in Hardin County. I participated in sewing, cooking, horticulture, floral design and livestock and pretty much any other club meeting I could get a ride to. There were areas of 4-H that I did not participate in and looking back I wish I would have, like the country ham project and speech and I am encouraging my children to participate and gain those skills now. As an adult volunteer I think that I enjoy 4-H just as much as my 3 kids! I truly enjoy meeting other leaders in our community and across our state. I have been able to meet and connect with people I would have never met without 4-H. We work hard to offer programs for every child in our community and I love seeing students come together over common interests. Cloverbud camp is one of my favorite weekends of the summer. I love watching the campers learn and explore and truly fall in love with all things 4-H.

