

# LARUE COUNTY 4-H

## June 2025 Newsletter



### Talent Showcase



### GARDENING CLUB

Planted flowers in pots during the May meeting.



### 4-H CAMP INFORMATION

#### Camper Orientation

June 9<sup>th</sup>, 2025 at 3 PM or 6 PM  
Only need to attend one.

#### Lice Check

**THIS IS MANDATORY!**

June 16<sup>th</sup>, 2025 from  
3 PM - 4:30 PM

LaRue County  
PO Box 210  
807 Old Elizabethtown Rd  
Hodgenville, KY 42748  
270-358-3401  
[larue.ca.uky.edu/](http://larue.ca.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

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Lexington, KY 40506

Sincerely,



*Misty Wilmoth*

Misty Wilmoth  
LaRue County Extension Agent  
For 4-H Youth Development  
[mwilmoth@uky.edu](mailto:mwilmoth@uky.edu)



Disabilities  
accommodated  
with prior notification.

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2</p> <p>4-H COUNCIL MEETING 5:00 PM AT LARUE COUNTY EXTENSION SERVICE</p> <p>4-H CAMP LEADER TRAINING 6:30 PM AT THE LARUE COUNTY EXTENSION SERVICE</p>	<p>3</p> <p>WRANGLERS HORSE CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE</p>	<p>4</p> <p>COOKING CLUB 4-5:30 PM AT LARUE COUNTY EXTENSION SERVICE</p>	<p>5</p> <p>SHOOTING SPORTS 6:30 PM AT NEW HAVEN GUN CLUB</p>	6	<p>7</p> <p>CANOE &amp; KAYAK RIVER OUTING GREENSBURG</p>
8	<p>9</p> <p>4-H CAMP ORIENTATION 3 PM OR 6 PM ***MUST ATTEND ONE***</p> <p>LIVESTOCK CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE</p>	<p>10</p> <p>GARDENING CLUB 5 PM AT LARUE COUNTY EXTENSION SERVICE</p>	11	12	13	14
15	<p>16</p> <p>4-H CAMP LICE CHECK 3:00-4:30 PM AT LARUE COUNTY EXTENSION SERVICE ***MUST ATTEND***</p> <p>TEEN CLUB WARM BLESSINGS</p>	<p>17</p> <p>DOG CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE ***BRING DOGS***</p>	<p>18</p> <p>CANOE &amp; KAYAK CLUB 6:30 PM AT LARUE COUNTY EXTENSION SERVICE</p>	<p>19</p> <p>NO SHOOTING SPORTS PRACTICE</p>	20	21
CLOVERBUD CAMP		 <p>KENTUCKY 4-H CAMPING</p>		 <p>CAMP</p>		
22	23	24	<p>25</p> <p>4-H BEGINNER CROCHET WASH CLOTH CLASS 2 PM AT LARUE COUNTY EXTENSION SERVICE</p>	<p>26</p> <p>4-H PRETZEL MAKING CLASS 4:30 PM AT LARUE COUNTY EXTENSION SERVICE</p>	27	28
29	30					



# LARUE COUNTY 4-H FAIR PROJECT CLASSES

REGISTRATION  
REQUIRED



**JUN  
25**

## BEGINNER CROCHET WASH CLOTH PROJECT

2:00 pm - 4:00 pm  
LaRue County  
Extension Service



**JUN  
26**

## PRETZEL MAKING

4:30 pm - 6:00 pm  
LaRue County  
Extension Service



**JUL  
8**

## LEAF COLLECTION

10 am - 11 am  
Pearman Forest



## JEWELRY MAKING

3:30 pm - 5:00 pm  
LaRue County  
Extension Service



**JUL  
14**

## FINANCIAL EDUCATION POSTER (NEEDS VS. WANTS)

4 pm - 5 pm  
LaRue County  
Extension Service



**JUL  
14**

## CLAY COIL POT

5:00 pm - 6:00 pm  
LaRue County  
Extension Service



**JUL  
16**

## PILLOW PROJECT

5:00 pm - 6:00 pm  
LaRue County  
Extension Service



**JUL  
22**

## SALSA MAKING & CANNING

3:00 pm - 5:00 pm  
LaRue County  
Extension Service



**JUL  
30**

## 4-H FOODS FAIR PROJECT

2:00 pm - 3:30 pm  
LaRue County  
Extension Service



**JUL  
31**

## 4-H FAIR ENTRIES

Taken at  
Floral Hall  
10:00 am - 1:00 pm



CALL 270-358-3401 OR EMAIL [MWILMOTH@UKY.EDU](mailto:MWILMOTH@UKY.EDU)  
TO REGISTER OR FOR MORE INFORMATION.

# Congratulations!



**Recipients of the  
Patricia Durham  
Memorial**

**4-H Scholarship:**

.....

**Emily Detre**

**Jacob Marksbury**

**Mackenzey Rucker**

**Tanner Skaggs**

**Ella Thomas**

*class of  
2025*





# LaRue County FARMERS MARKET

2025 Market Schedule

JUNE 12 - JULY 31 | **NEW!** JULY 3  
Thursdays 9am-1pm | 4:30 - 7 pm

LaRue County High School Parking Lot  
925 S. Lincoln Blvd., Hodgenville

**EXTENDED August MARKET**

8/7 • 8/14 • 8/21

LaRue County Extension Service  
807 Old Elizabethtown Rd., Hodgenville



(270) 358-3401 - marla.stillwell@uky.edu or adam.thomas@uky.edu

# Check it out



LARUE COUNTY

FARMERS Market

2025

EAT MORE VEGGIES



June 19  
9AM-1PM

July 3  
4:30-7:30 PM

July 10  
9AM-1PM

July 24  
9AM-1PM

July 31  
9AM-1PM

**What?**  
Participate in fun & engaging activities!  
Try fresh & local produce & meet the farmers who grew them!

**WHERE?**



LaRue County High School Back Parking Lot  
925 S. Lincoln Blvd., Hodgenville

SEE YOU AT THE MARKET!

**THANK YOU!**

LaRue County Farm Bureau Board of Directors for being our 2025 POP Club sponsor!



EARN POP BUCKS TO SPEND AT THE FARMERS MARKET

FOR YOUTH 17 & UNDER

I ♥ VEGGIES

MORE INFO



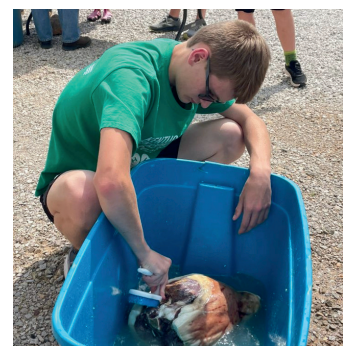
LaRue County Extension Service  
marla.stillwell@uky.edu • (270) 358-3401

An Equal Opportunity Organization



# Country Ham Washing

\*Volunteer needed for speech judging or room host on August 14<sup>th</sup>, 2025 at the Kentucky State Fair.\*





# TALENT SHOWCASE



**Champion:** Reanna Branham  
**Reserve Champion:** Lorissa Goatley  
**Cloverbuds:** Penelope Estes, William Shaw, Ivan Moline and Liam Moline.

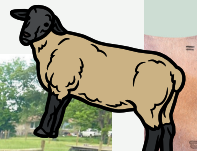




# LIVESTOCK CLUB



4-Hers learned about sheep and goats at the May meeting. Thanks to Justin Hornback for hosting. The next meeting will be June 9<sup>th</sup> at the LaRue County Extension Service





# Area 4-H

## COMMUNICATIONS CONTEST RESULTS



Owen Thomas  
Speech Champion  
9 year olds



Kaylee Rucker  
Speech - Blue  
10 year olds



Joel Hinton  
Speech Champion  
11 year olds



Hunter Locke  
Speech Champion  
12 year olds  
Junior Animal Science  
Demonstration  
Reserve Champion



Ellee Marksbury  
Speech Reserve Champion  
13 year olds



Charlie Ragland  
Speech Champion  
14 year olds



Jake Marksbury  
Speech Champion  
17-18 year olds



Avery Bivens  
Mock Interview Champion  
14-15 year olds



Dixon Whitmore & Clay Stillwell  
Junior Team Demonstration  
Champion



Cyrus Bivens  
Mock Interview Champion  
16-18 year olds

Cyrus & Avery Bivens  
Senior Team Demonstration  
Champion

**LaRue County 4-Hers  
competed in the Area  
4-H Communications  
Contest in Grayson  
County on May 6<sup>th</sup>.**



# CARROT OR ZUCCHINI CAKE



From 4-H Cooking  
301, page 119  
Yield: 16 servings

## INGREDIENTS: EQUIPMENT:

- 2 cups flour
- 2 cups sugar
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 cup salad oil
- 4 eggs
- 3 cups carrots, shredded
- 1 teaspoon vanilla
- 1 cup nuts, chopped

- 9" X 13" baking pan or 2 8-inch or 9-inch round cake pans
- Nonstick cooking spray
- Measuring cups and spoons
- Large and medium mixing bowls
- Mixer
- Mixing Spoon
- Spatula
- Cooling Rack

## DIRECTIONS:

1. Preheat oven to 350 degrees F. Lightly coat 9" x 13" baking pan or 2 8-inch or 9-inch round cake pans with nonstick cooking spray.
2. Combine flour, sugar, baking soda, cinnamon, and salt in medium bowl; mix well.
3. In large bowl, add oil and beat in eggs, one at a time.
4. Gradually add flour mixture to egg mixture and beat until thoroughly mixed.
5. Add carrots, vanilla, and nuts; mix until thoroughly combined. Pour into prepared pans.
6. For 9" x 13" pan, bake 45 minutes or until toothpick inserted in middle comes out clean. For 8-inch or 9-inch round cake pans, bake 30 to 35 minutes or until toothpick inserted in middle comes out clean. Remove from oven and cool on wire rack. Store in refrigerator.

**Variation:** Substitute 3 cups shredded zucchini for shredded carrots. Add one teaspoon ground nutmeg.

**Nutrition Facts per Serving with Frosting:** 470 calories, 28 g fat, 365 mg sodium, 56 g carbohydrates, 1 g fiber

## BAKING TIPS:

- Use a toothpick to test doneness. Baking time may need to be extended if cake is not done.
- The size of the carrot/squash pieces will affect baking time. A cake made with pre-packaged coarsely shredded carrots from the grocery may require additional baking time. Finely shredded vegetables cook faster than coarsely shredded pieces.



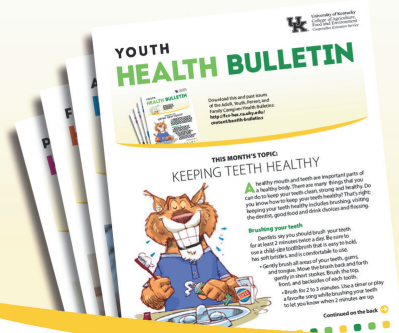
## FOR THE FAIR:

- Zucchini variation may be used instead of carrots.
- Round or rectangular pans may be used.
- Let cake completely cool. Do not frost or ice the cake.
- Cut one layer of the cake in half. Place half of one layer of cake on a disposable plate or cardboard cake board.
- Place the plate/board in a re-closable plastic bag, cake box or disposable container. (Container will not be returned.)





# YOUTH HEALTH BULLETIN



**JUNE 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

LaRue County  
Extension Office  
807 Old Elizabethtown Rd, PO Box 210  
Hodgenville, KY  
42748  
(270) -358-3401

## THIS MONTH'S TOPIC WHAT IS CANCER?



**Y**ou might have heard the word "cancer" before. Maybe you heard it when a person got sick or was going through treatment to get better. You may wonder what cancer is or how a person gets it. You might wonder how cancer is treated to help the person heal.

Cancer is not just one sickness. It is many related diseases that happen when cells in a person's body get messed up, grow, and divide very quickly. It makes many messed-up cells that grow really fast. These cells stick together and form a tumor, or a big clump, somewhere in the body. Over time, cancer cells can

**Continued on the next page** ➔

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→ Continued from the previous page

move in the body, making tumors in new places. These tumors make it hard for the body to work correctly. Soon, they make a person feel sick.

You cannot catch cancer from someone — it is not contagious. Unlike some other sicknesses, cancer cannot pass from person to person. Germs do not cause cancer.

Doctors and scientists are still learning about why certain people get cancer, and others do not. We do know that cancer is not caused by getting hurt, like getting bumped, bruised, or cut. It is also not a punishment for being bad. However, some things, like smoking or getting lots of sunburns, can make it more likely for cancer to happen later in life. In any case, the sooner cancer is found, and treatment begins, the better the chance a person has of getting better.

Cancer can be treated in different ways. In some cases, taking vitamins and changing things like what the person eats or how they live can be enough to shrink cancer tumors. Others need surgery to cut out the tumor and let their body heal. Sometimes, treatment like chemotherapy or radiation is needed to kill cancer cells that cannot be reached or keep them from coming back.

- **Chemotherapy** is a medicine that targets and kills cancer cells. Sometimes it can be a pill, but often it must be taken through an IV line. An IV line puts liquid medicine into the blood through a needle and tiny tube stuck through the skin.
- **Radiation therapy** uses high-energy waves, like X-rays, to go through the skin. They target and kill cancer cells. As the cancer cells are destroyed, they dissolve, and the tumor shrinks. Both chemotherapy and radiation therapy are very good at killing



cancer cells. Sometimes, though, while destroying cancer cells, they can also hurt healthy parts of the body. That makes the person feel worse. This is called a side effect. Cancer medicine can come with side effects like feeling very tired, having an upset stomach, skin rashes, or hair falling out. However, these problems don't last. When treatment ends, the side effects go away. The person's hair grows back, their skin clears, and they feel much better.

While getting cancer treatment, a person may need extra rest or to stay away from many people to stay away from other germs. After treatment is done, doctors will do tests to see if the cancer is gone. A person whose cancer is gone is called "in remission." Even after a person is in remission, they may still need to go to the doctor from time to time to make sure the cancer does not come back.

If someone you know is told they have cancer, it can seem scary. Talk to your parents or another trusted grown-up about your feelings and questions you have about their situation. You may be able to help the person by encouraging them with a card, taking their family a meal, or offering them prayer or good wishes.

**REFERENCE:**

<https://kidshealth.org/en/kids/cancer.html>

**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:** Chris Ware  
Illustrations © University of Kentucky  
School of Human Environmental Sciences

