

LARUE COUNTY 4-H



May 2025

NEWSLETTER



TALENT SHOWCASE

REGISTER TODAY!

Friday, May 16th, 2025 at 6 PM
Call 270-358-3401 to register!

CONGRATULATIONS

Eva competed in the KY 4-H Senior Forestry Judging & Wildlife Challenge Contest on April 15th, 2025. She placed 3rd for Compass and Pacing and her team placed 2nd in the competition.



EVA FALK



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

Sincerely,

Misty Wilmoth

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

SAVE
-THE-
DATE



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



Disabilities
accommodated
with prior notification.

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 SHOOTING SPORTS 6:30 PM AT NEW HAVEN GUN CLUB	2	3
4	5	6 WRANGLERS HORSE CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	7 COOKING CLUB 4-5:30 PM AT LARUE COUNTY EXTENSION SERVICE DOG CLUB TRAINING 6 PM AT LARUE COUNTY EXTENSION SERVICE	8	9	10
11	12 LIVESTOCK CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE	13 GARDENING CLUB 5 PM AT LARUE COUNTY EXTENSION SERVICE	14	15 SHOOTING SPORTS 6:30 PM AT NEW HAVEN GUN CLUB	16 TEEN CLUB 2 PM AT LCHS GREENHOUSE CLASSROOM 4-H TALENT SHOWCASE 6 PM AT LARUE COUNTY EXTENSION SERVICE	17
18	19	20 DOG CLUB 6 PM AT LARUE COUNTY EXTENSION SERVICE ***BRING DOGS***	21 CANOE & KAYAK CLUB 6:30 PM AT LARUE COUNTY EXTENSION SERVICE	22 CLOVERBUDS 5 PM AT LARUE COUNTY EXTENSION SERVICE	23	24
25	26	27	28 4-H BABYSITTING WORKSHOP 10 AM AT LARUE COUNTY EXTENSION SERVICE	29	30	31



LARUE
COUNTY
4-H

TALENT
SHOWCASE

16
MAY

AT 6:00 PM

LaRue County
Extension Service

OPEN TO ALL AGES!

Prizes for all participants!

Cloverbuds will not be judged.

To register, call 270-358-3401 or
email mwilmoth@uky.edu

Poster Contest

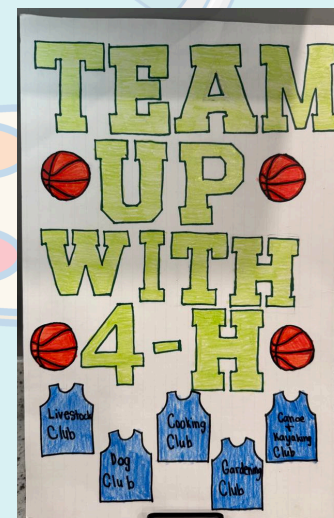
Champion



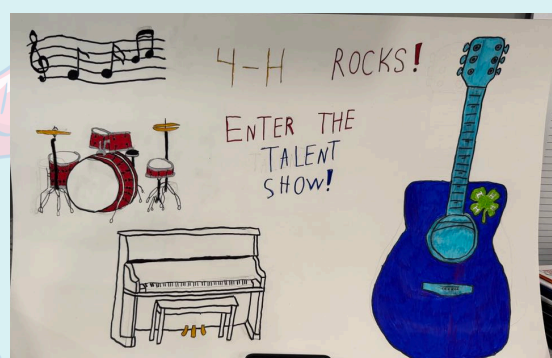
Caroline Falk



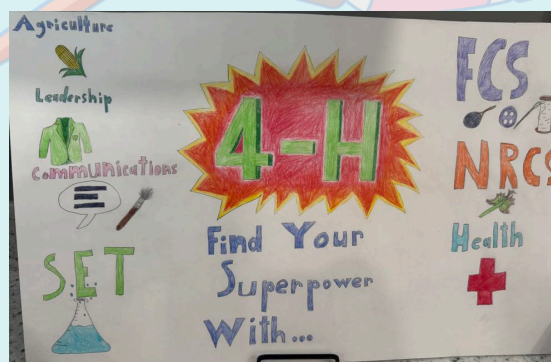
Macy Hatfield



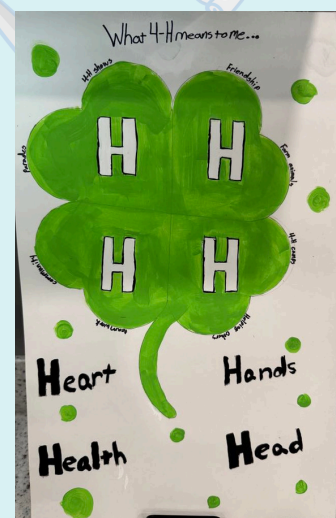
Ellee Marksbury



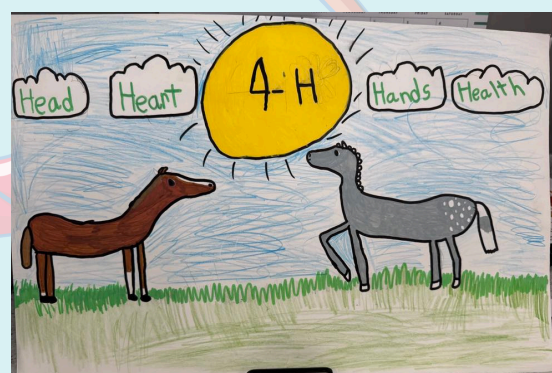
Leo Falk



Cyrus Bivens

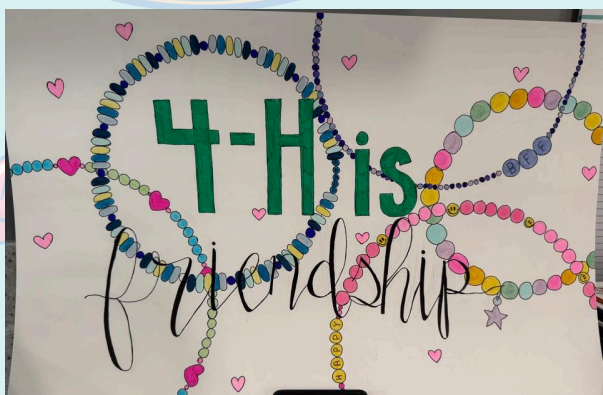


Morgan Redner



Ellie Hatfield

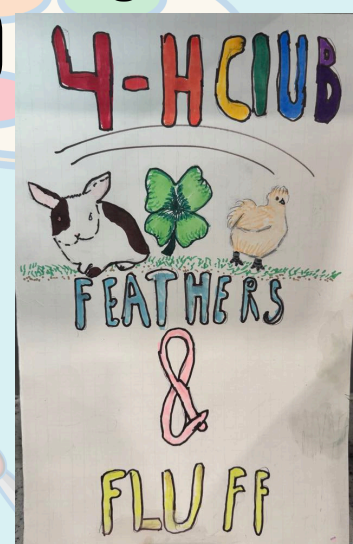
Reserve Champion



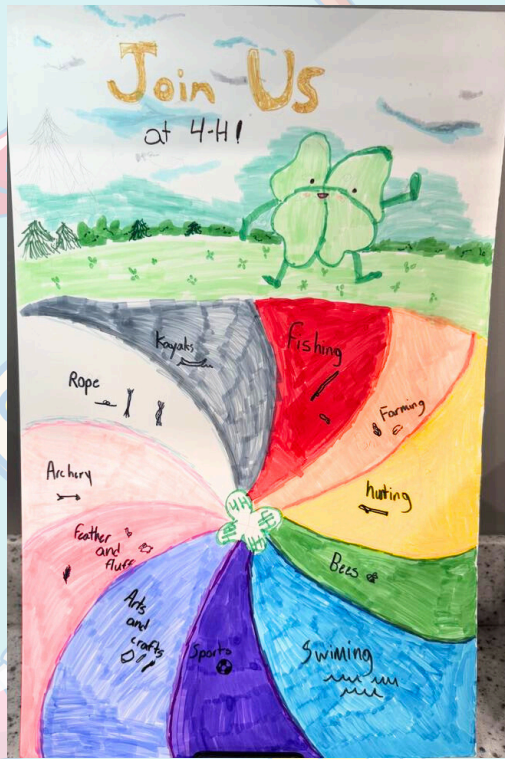
Eva Falk



Avery Bivens



Lana Landon



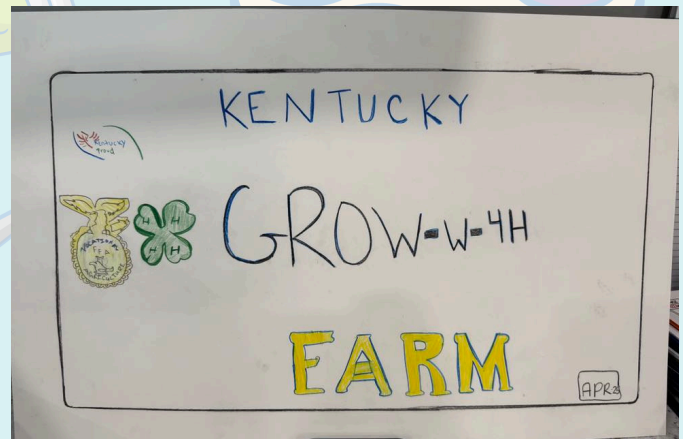
Aria Landon

Cloverbuds

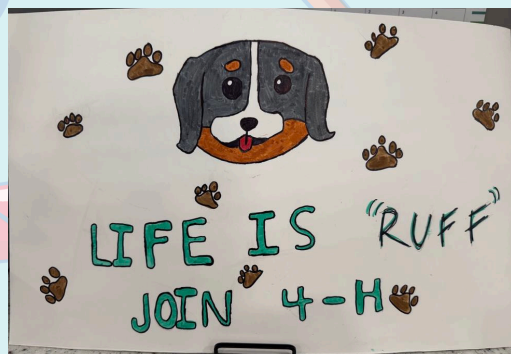
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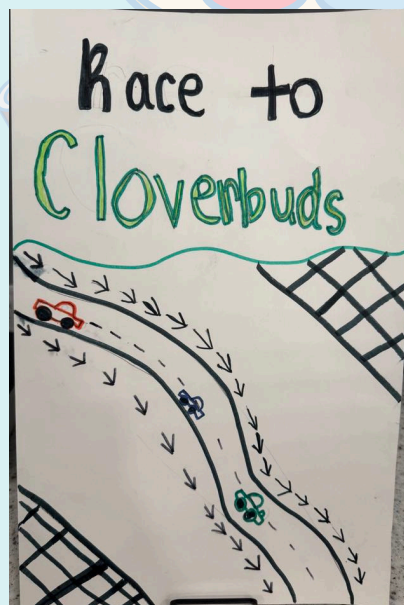
Clay Stillwell



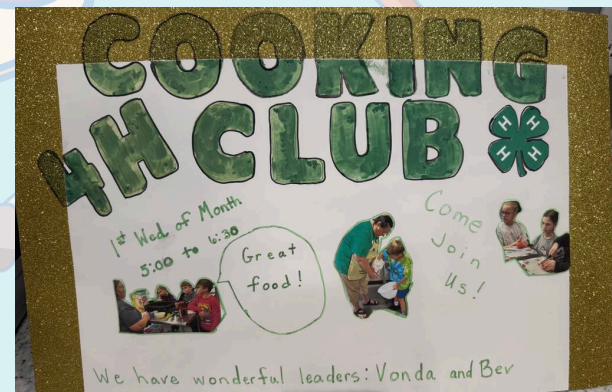
Hunter Locke



Emma Stillwell



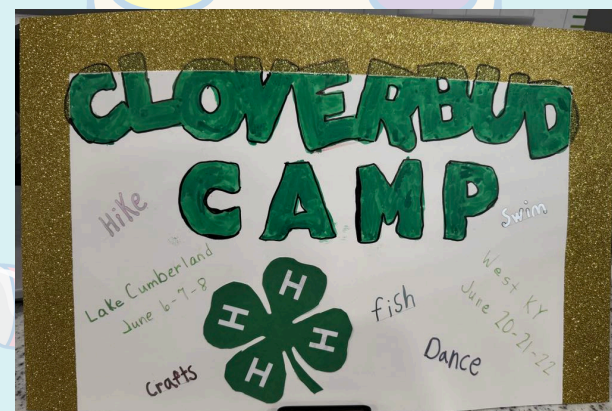
Sawyer Gray



Scarlett Shaw



William Shaw



Kinsly Detre



4-H Forestry

Plant a Tree Promotion



Daniel Falk
Drawing Winner



Hunter Locke
Drawing Winner



Lana Landon



Leo Falk



Aria Landon
Drawing Winner



Trinity Florence
Drawing Winner



Oakleigh Wells
Drawing Winner





Cranberry Scones

Ingredients

- 3 cups self-rising flour
- 1 teaspoon orange peel, grated
- 1 cup dried cranberries (or substitute raisins for dried cranberries)
- $\frac{1}{3}$ to $\frac{1}{2}$ cup buttermilk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup cold butter
- 1 egg

Equipment

- Non-stick cooking spray
- Cookie sheet
- Large mixing bowl
- Measuring spoons
- Measuring cups, dry and liquid
- Spatula or mixing spoon
- Pastry blender or fork
- Knife for cutting
- Ruler

Yield:
16 wedges

Check out the recipe book online at:
https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/fair_recipe_book_w_pictures_.pdf

Instructions

1. Preheat oven to 400 degrees F. Lightly coat cookie sheet with cooking spray.
2. In large mixing bowl, combine flour, sugar and orange peel. Mix well. Cut in butter with a pastry blender or fork until mixture resembles coarse crumbs. Gently stir in cranberries (or raisins).
3. Place egg in a 1-cup measuring cup and beat well. In the same measuring cup, add buttermilk to make $\frac{3}{4}$ cup. Add to flour mixture and stir gently until dry ingredients begin to cling together, do not add more liquid.
4. Press dough gently together on a lightly floured surface to form a ball. Divide dough in half. Place both halves on a greased cookie sheet and flatten each into a 6-inch round. Cut each into 8 wedges. Separate wedges slightly, to about $\frac{1}{2}$ inch apart.
5. Bake at 400 degrees for 20 to 25 minutes or until golden brown. Cool on cookie sheet 5 minutes before serving.

Baking Tip: To “cut in” butter, use a pastry blender or fork

- If using a fork, push the tines down through the butter to work it into the flour. Continue until the pieces of butter are the size of small peas.
- To use a pastry blender, hold the handle and press the blades into the butter while rotating your wrist from side to side. Move the pastry blender around in the bowl until the pieces of butter are the size of small peas. The mixture will have a crumbly texture.

4-H CAMP INFORMATION

Camper Orientation

June 9th, 2025 at 3:00 PM or 6 PM
Only need to attend one.

Lice Check

THIS IS MANDATORY!

June 16th, 2025 from
3 PM - 4:30 PM





Owen Thomas
9 Year Old



Kaylee Rucker
10 Year Old



Joel Hinton
11 Year Old



Hunter Locke
12 Year Old



Ellee Marksbury
13 Year Old



Charlie Ragland
14 Year Old



Jake Marksbury
17-18 Year Old

Speech Contest Champions



Scarlett Shaw
9 Year Old



Dixon Whitmore
10 Year Old



Clay Stillwell
11 Year Old



Cory Ragland
12 Year Old



Harper Gardner
13 Year Old



Avery Bivens
14 Year Old



Cyrus Bivens
17-18 Year Old

Speech Contest Reserve Champions



Carter Ragland



Ella Cundiff



Oakleigh Wells



Hayden Gardner



Ian Perez



Jackson Thomas



Mackenzey Rucker



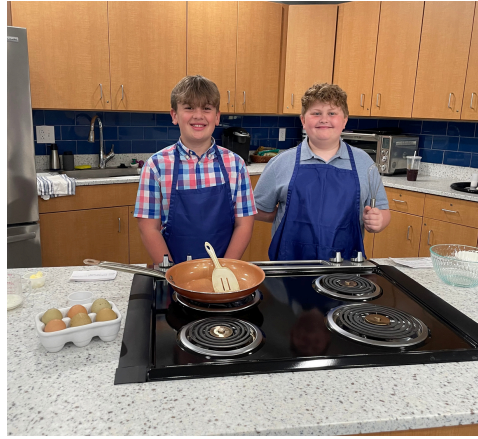
Makayla Wease

Speech Contest Participants

Demonstrations Contest



Morgan Redner



Clay Stillwell & Dixon Whitmore



Cyrus Bivens & Avery Bivens



Hunter Locke

Mock Interview

Avery Bivens
Champion

14-15 Year Old

Cyrus Bivens
Champion

16-18 Year Old

YOUTH

HEALTH BULLETIN



MAY 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
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42748
(270) 358-3401

THIS MONTH'S TOPIC CATCH SOME Z'S



Sleep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

Continued on the next page ➔

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



→ Continued from the previous page

body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
 - Keep your room cool (around 60 to 67 degrees F).



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.
- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinnertime you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

REFERENCE:

https://archive.cdc.gov/www_cdc_gov/healthyschools/features/students-sleep.htm

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



Volunteer Spotlight



Marla Stillwell

Volunteering with 4-H was an easy choice for me because there is so much value in the program for youth and adults alike. The skills learned, whether it is social development, subject matter knowledge or leadership, youth gain valuable skills for their future.

There is so much to enjoy about volunteering with 4-H but for me, its getting to see kids grow and learn and use what they've learned in life. Cloverbuds are especially fun to watch discover new things as they light up with excitement over even the smallest of things! Of course, getting to experience 4-H through my own children's eyes is pretty special too!

For the past 20 years that I have been involved with 4-H, I have seen so many go on to do great things and become responsible, contributing citizens for our communities. I know alot of their success is owed to 4-H.

I have lots of memories but I would have to say my favorites involve getting to attend and help plan 4-H Cloverbud Camp. I went for a total of 14 years, the last 7 of those getting to experience with my own children. Seeing kids have the time of their lives at 4-H camp, especially Cloverbuds, was very rewarding and is great place to make memories!

While I wasn't super involved with 4-H growing up, I was for a short time under the leadership of Mr. Rob Hutchins. I can remember him visiting my 4th grade classroom with Mrs. Devary and bringing activities for us to participate in. I also remember participating in the Sunflower Contest circa 1995. I believe I came in 4th place! In high school, I was involved in the Livestock Club and served as an officer through a partnership with FFA and 4-H.

