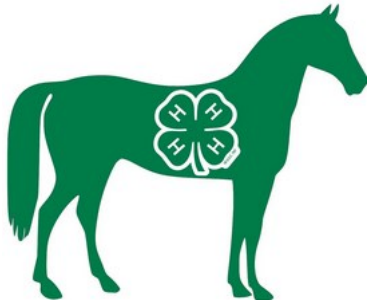




Russell County 4-H News

January-February 2025

Cooperative Extension Service
Russell County
2688 S. Highway 127
Russell Springs, KY 42642
(270) 866-4477
Fax: (270) 866-8645
russell.ca.uky.edu



If you are interested in learning about horses, the 4-H Horse Club may be for you! Please call 270-866-4477 to get your name on the interest list for this club.

The new leader for the 4-H Horse Club is Mattie Parrish.

Horses are the perfect combination of beauty and goofiness.



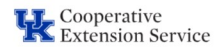
**4-H Poetry Results
2024**

Champions

Morgan Patton -- Junior
Olivia Willard -- Junior
Nadia Kacar -- Senior
Madison Stargel -- Senior

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

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



4-H Poetry Results

Blue Ribbons Anna Gosser Kylie Haddock Yessika Matta Leila Owens Chaselynn Brower Marshall Carnes	White Ribbons Adeline Rexroat Jake Flatt Anna Skeens Gracelyn Elmore Kason Hill Cash Chism	Red Ribbons Emery Franklin Azlynn Godsey Baylor Brumett Kyle Benningfield Kiaira Parrish Holly Ballou Adriana Garcia Miguel Mendez Callie Willis Wyatt Bunch Tynleigh Roy Sawyer Ford Jordynn Cade Alexa Graham Sophia Roy Noah Brumley Nellie Davis Ben Hadley Abbi Patterson
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CAMP CORNER

4-H Camp will be June 17-20. Russell Co. will be camping with McCreary, Marion, and LaRue Counties. Camp applications will be online soon. The camp fee will be \$335. Partial scholarships will be available, and hopefully our EDB will discount this amount as well by \$100/camper.



4-H Happenings



4-H Cooking Clubs made chocolate chips cookies and had a cookie exchange in December.



4-H Tabletop Farmers met in December and created winter farm boards.



HEALTH

Vapes contain nicotine which is an addictive drug found in tobacco products.

Nicotine can affect brain development in kids and teens.

Distributed by
Christy A. Martin
Russell Co. Extension Agent for 4-H YD

Website: <http://russell.ca.uky.edu>

Russell Co. 4-H Demonstrations Contest 2025

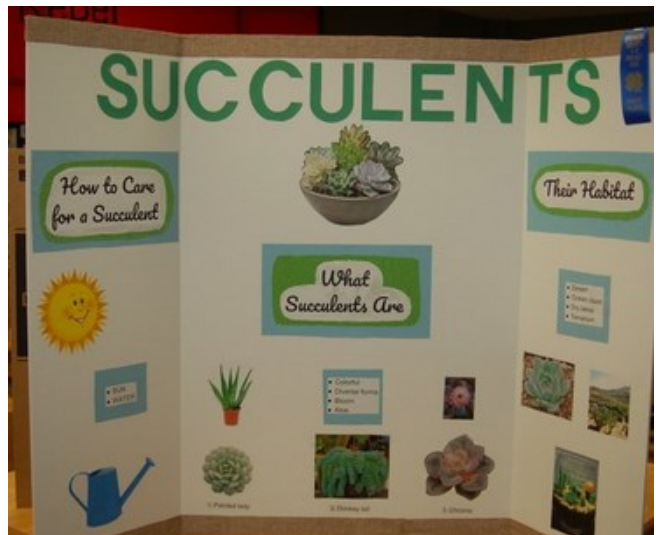
General Guidelines for 4-H Demonstrations

- Awards (ribbons) will be based on the criteria established on the 4-H score sheets for speeches and demonstrations. The champion will be the youth that receives the highest points (average among the judges); the reserve champion will be the youth that receives the second highest points average. Only the champion will advance to the E1/E2 area competition.
- 4-H participants will be introduced by their name and title of their demonstration. There will not be a penalty if the 4-H member repeats this information during the presentation.
- 4-H Demonstrations are required to have visual aids and posters; these are like doing a “how to speech.” The posters should show the steps or other relevant information for the demonstration. Youth are allowed to have more than one poster. Posters should be written so that they are easily readable for the judges. Foam board posters or tri-fold boards are recommended as poster board does not stand on its own easily.
- If the presenter does not fall within the established time guidelines, he/she will receive a point penalty, but if he/she still has the highest overall score, he/she will still be awarded the champion honor.
- If there is a tie for champion or reserve champion, the tie will be broken by a coin toss or other equitable method.
- The reserve champion will be invited to attend the district competition ONLY IF the champion cannot attend.
- Costumes are not permitted in speeches, but they are acceptable in demonstrations.
- Judges’ decisions are FINAL.
- 4-H age is determined by the youth’s age by December 31, 2024. Junior age speeches and demonstrations are for ages 9-13. Senior age speeches and demonstrations are for ages 14-18.

How many participants can advance to the County Contest?
See your 4-H teacher at elementary schools.

Timeline

Jan-early March	Write/Prepare/Practice speech/4-H club contests at schools or in project clubs
March 11, 2025	Registration deadline for 4-H speeches and 4-H demonstrations
March 25, 2025 (tent)	Russell Co. 4-H Speech and Demonstrations Contest
May 6, 2025 (tent)	E1/E2 Area 4-H Communications Competition (to qualify for state competition)
July 12, 2025	Kentucky 4-H Communications Day (Nicholasville, KY)



4-H Demonstration Categories

Agriculture – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil science (e.g. crops, agronomy, gardening)

Animal Sciences – to include information on selection, care, and feeding of animals, financial records, operations, and animal products for small or large animals. This category can also include companion animals and horse demos.

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrapbooking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making, and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing, or scrapbooking.

Performing Arts – all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design, accessories, appropriate dress for various occasions), selection, use of and care of clothing-related equipment, care of clothing, posture as it relates to fit, fibers, and textile-related topics.

Family & Consumer Science – to include information on childcare, consumer and financial education, family life, and home environment. THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

Natural Resources – includes entomology (insects), environment, geology (rocks/minerals/fossils), forestry (trees), soils, water, and wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the buildings or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.

Science, Engineering, and Technology (SET) – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer science (may not use computer projection equipment in place of posters). This category can include science-fair type experiments related to these SET topics.

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. both juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. **Youth may participate in either the individual demonstrations or the team demonstration category. They may NOT do both.**

Demos at a Glance

(read official guidelines for more details)

- ◇ 5-15 minute presentation
- ◇ Must have one or more posters (foam board recommended) or trifold board explaining steps
- ◇ Should “show and tell” how to do a project/activity



4-H GROWS HERE

Demonstration Ideas/Suggestions

Agriculture

Taking a soil sample
Parts of a plant or plant lifecycle
Transplanting flowers or plants
Potting a plant
How to plant a garden
Any demo on crops
Components of fertilizer
Components of animal feed
Plant genetics
Landscape planning for a home or business

Animal Science

Care of agriculture animals (small and large farm animals)
Care of pets
Grooming a horse
Saddling a horse
Horse and animal safety
Selecting feed for animals
Components of cattle/horse feed
Preparing an animal for shows
Selecting a pet for your family
Selecting a prize winning show animal
Financial record keeping for farm animals care

Visual Arts

How to draw a _____
Photography (parts of a camera, lighting, camera settings, photography rules)
Painting techniques
Macramé
Scrapbooking
Needlework
Ceramics

Performing Arts

Theater topics
Dance
Musical instruments (care of, playing, etc.)
Musical or theater performance tips

Clothing & Textiles

Wardrobe selection and planning (i.e. for an interview or formal event)/Appropriate dress for certain occasions
How to sew a _____
Parts and care of a sewing machine
Items needed for a sewing box
Care of clothing (washing and ironing techniques included)
Mending garments (buttons, hems, etc.)
Caring for different types of fabric (cotton, nylon polyester, wool, etc.)

Family & Consumer Science

Babysitting and childcare
Consumer education (price comparison, coupon shopping)
Table setting (formal vs. informal)
Mealtime manners
Packing a suitcase for vacation or for 4-H camp
How to hand wash dishes
Decorating your bedroom (color, design, etc.)
Creating a floor plan for your bedroom or your home
Home energy savings
Party planning
Menu planning
Refinishing furniture
Folding sheets/folding clothes
Ironing clothes properly

Foods

How to make _____ (any food item)
Must submit a copy of the recipe and finished product.

Health

Choosing a healthy diet with MyPlate
First aid/first aid kit
Proper hand washing
Choosing protective gear for sports
Safety topics (i.e. preparing a disaster supply kit)
Physical activity and its benefits
Types of physical activity
Preventing bullying
Substance abuse prevention
Taking your blood pressure
Giving a shot
Caring for your teeth
Managing stress in a healthy way

Natural Resources

Topics related to insects, environmental science and care, geology and fossils, forestry (tree health), water, and wildlife

Shooting Sports (cannot bring a real or toy gun or ammunition; use mock ups or charts)

How to clean a rifle
How to load a muzzleloader
How to align a gun
Reloading techniques

Science Engineering & Technology (SET)

ATV safety
Aerospace/rocketry
DNA and biotechnology
Bicycle safety/bicycle care
Energy conservation
GPS technology
Robotics
General science topics

4-H Demonstrations must have posters and other visual aids to illustrate what you are demonstrating.

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