



Russell Co. 4-H News

March 2025

Cooperative Extension Service
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4-H Camp will be June 17-20, 2025. Russell Co. will be camping with McCreary, Marion, and LaRue Counties. The cost for camp is \$235 (or \$335 if EDB donation money is used up). 4-H Campers will sign up for four classes this year. Camp spots will be filled on a first come basis. The date and method for taking camp applications will be in the letter posted on the RCEO website and brought to schools. Some camp scholarship money is available. (Russell Co. 4-H does not offer full camp scholarships!)



Photography Tips

To take better landscape photos, do not have electricity lines in your photos.



When taking a portrait photo (of a person), make sure they fill up most of your view finder.

Try to eliminate background clutter.



HAPPY ST. PATRICK'S DAY



*Wishing you a rainbow
 For sunlight after showers-
 Miles and miles of Irish smiles
 For golden happy hours-
 Shamrocks at your doorway
 For luck and laughter too,
 And a host of friends that never ends
 Each day your whole life through!*

CAMP 4-H CORNER



4-H Showcase of Stars

May 6, 2025
for speech and demonstrations
champions
It will be held at
Taylor Co. Extension Office.

March is Nutrition Month!

Melon Berry Smoothie

¼ cup skim milk
1 cup low fat vanilla Greek yogurt
2 cups chopped honey dew melon
1 cup frozen blueberries, strawberries or mixed berries
1 tablespoon honey, optional

Place all ingredients in a blender and use the pulse feature until it is the consistency that you like.

Servings: 4

Source: Plate It Up! Kentucky Proud Project.



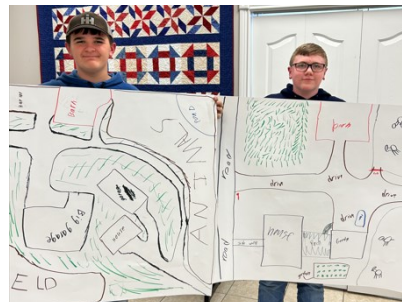
4-H Written Communications

The following youth have entries in the state 4-H Written Communications Contest:
Morgan Patton — Jr. Poetry
Olivia Willard — Jr. Poetry
Nadia Kacar — Sr. Poetry
Madison Stargel — Sr. Poetry
Lizzy Pritchard — Jr. Infographic
Autumn Onyon — Sr. PSA and Sr. Songwriting



4-H Tabletop Farmers

The 4-H Tabletop Farmers met on February 5 and designed their dream farm. The club leader is Carlotta Robertson.



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

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

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

Russell County Fair

- 4-H fair categories are online at russell.ca.uky.edu.
- Entries taken on June 3, 2025 at Russell Co. Fairgrounds
- Prize money earned for all qualifying entries



Signups for 4-H Shooting Sports

- ◆ March 20, 2025 (for new members)
- ◆ 5:00 pm
- ◆ Russell Co. Sportsman's Club
- ◆ \$30.00

Competition disciplines

- | | |
|----------------------|-------------------------------|
| BB | Black powder rifle |
| Air rifle | Black powder pistol (age 12+) |
| Air pistol | Archery (4 disciplines) |
| .22 rifle | |
| .22 pistol (age 12+) | |

4-H Demonstrations Contest

is planned for
Tuesday, March 25
at the Russell Co. Extension
Office
(weather permitting).



The 4-H Horse Club will meet
on the following dates
(weather permitting):

March 4 & 18
April 1 & 15
May 6 & 20

Club Leader is Mattie Parrish.



4-H Happenings



4-H Country Hams

Russell Co. 4-Hers have 25 hams curing at the Adair County Extension Office.

Ham participants this year are

- Jace Anderson
- Grady Anderson
- Carter Brown
- Dalton Foley
- Vance Foley
- Sidney Galicia
- Gabe Garrison
- Bailey Gosser
- Laila Hammond
- Stella Hammond
- Cali Robertson
- Chase Robertson
- Andrea Russell



Country Ham project leader is Micah Foley.