

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

Lice Check

THIS IS MANDATORY!

June 16th, 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/

Cooperative Extension Service

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



Sincerely,

Misty Wilmoth

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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 & 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 & KAYAK CLUB 6:30 PM AT LARUE COUNTY EXTENSION SERVICE</p>	<p>19</p> <p>NO SHOOTING SPORTS PRACTICE</p>	20	21
			 KENTUCKY 4-H CAMPING		 CLOVERBUDS CAMP	
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
CLOVERBUD CAMP						
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
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



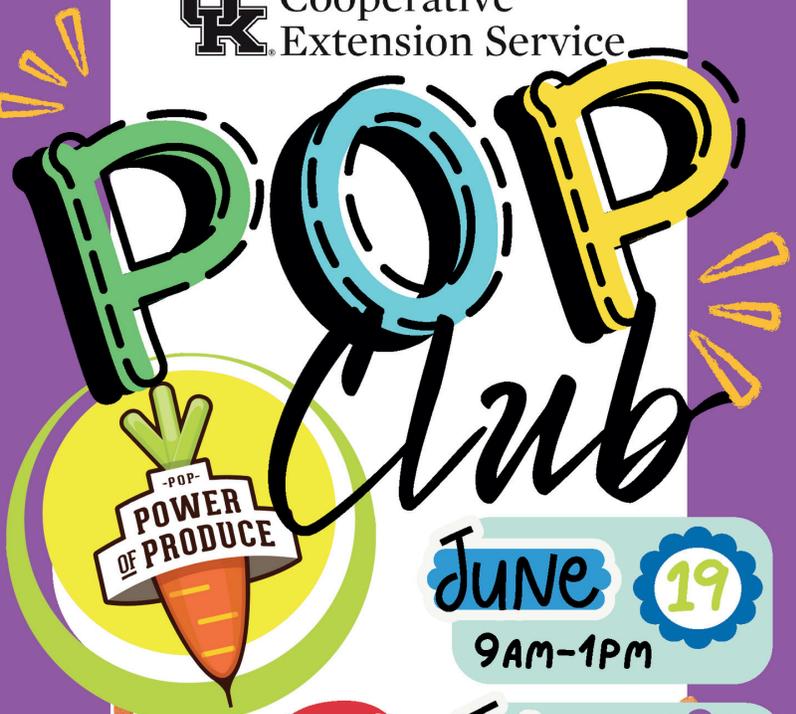
(270) 358-3401 - marla.stillwell@uky.edu or adam.thomas@uky.edu

Check it out



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

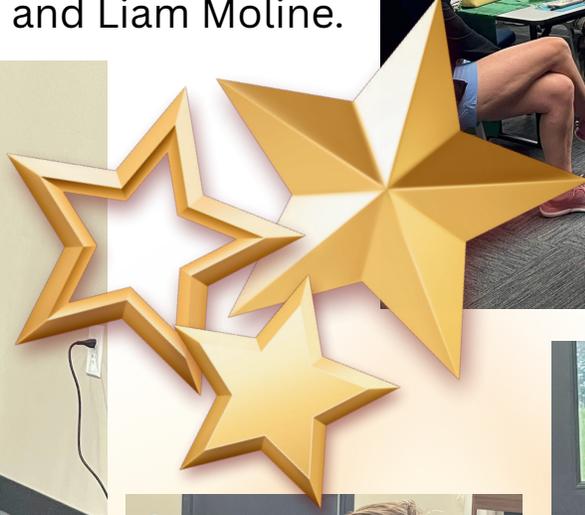
Volunteer needed for speech judging or room host on August 14th, 2025 at the Kentucky State Fair.



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 9th 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 6th.

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:

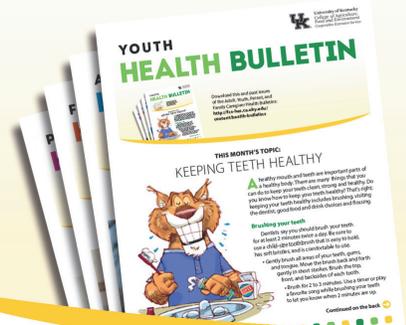
- Use a toothpick to test doneness. Baking time may need to be extended if cake is not done.
- The size of the carrot/squash pieces will affect baking time. A cake made with pre-packaged coarsely shredded carrots from the grocery may require additional baking time. Finely shredded vegetables cook faster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

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

THIS MONTH'S TOPIC

WHAT IS CANCER?



You 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

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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>

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Designed by: Rusty Manseau

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

