



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

January 2025

# CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed

# 2025

 @CarterCountyKY4H

 @cartercountky4h

Club and Projects

Important Dates

County News

## CLUB AND PROJECTS

Email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu)

### Homeschool Club:

The next meeting will be January 7th at 10:00 am at the *Extension Office*.

### Cloverbuds:

The next meeting will be February 10th at 4:30pm at the *Extension Office!*

### Teen Leadership Academy:

The next meeting will be January 7th at 4:30pm! This will be for middle and high school students held at the *Extension Office*.

### 4-H Projects:

Projects will be due to the Extension Office on *April 28th* by 4:00 pm.

### Written Communications Contest:

The written communications contest ends *January 23rd*. If you are interested in participating, please see the attached information and email [rebecca.hayes@uky.edu](mailto:rebecca.hayes@uky.edu).

### Communications Contest:

The speech and demonstration contests will be on May 1st.

## IMPORTANT DATES

### School Clubs:

ECMS: January

WCMS: January

Prichard Cooking: January 14

Prichard STEAM: January 9

Olive Hill Cooking: January 13

Olive Hill STEAM: January 21

Carter City Cooking: January 22

### School Enrichment:

Tygart Creek 4th & 5th: January 10

Star 4th & 5th: January 17

Heritage 4th: January 22

Carter City 4th: January 21

### Teen Summit:

This is a state wide leadership event for middle school aged youth. It is March 20-22 at Lake Cumberland 4-H Camp. More information coming soon.

When schools are closed due to weather or sickness, all 4-H programs are cancelled

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Rebecca Hayes



## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

# January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Office Closed</b>	2	3	4
5	6	7 Homeschool Club Teen Leadership Academy	8	9 Prichard STEAM Club	10 Tygart Creek	11
12	13 OHES Cooking Club	14 Prichard Cooking Club	15	16	17 Star	18
19	20 <b>Office Closed</b>	21 Carter City OHES STEAM Club	22 Heritage Carter City Cooking Club	23	24	25
26	27	28	29	30	31	
				<b>Area Teen Retreat</b>		



# Kentucky 4-H Written Communication Contest

## Informational Packet

The Kentucky 4-H Written Communications Contest is an opportunity for young writers to showcase their talents and develop and build upon essential life skills.

This packet includes the contest rules, categories, resources, example cover page, and statement of authenticity.

### *General Contest Rules and Resources*

1. Each county may submit two junior- and two senior-level entries per category.
2. Each category will have a Junior and Senior class. The age of a young person participating in 4-H is the age they are on January 1<sup>st</sup> of the current program year. Junior level members are ages 9-13, and senior level members are ages 14-18.
3. Each writing piece must be original. If there is a question, the participant will be disqualified. A statement of authenticity must be completed by the 4-H member and included with the entry. The statement of authenticity is included in this informational packet.
4. Each entry must include a cover page with the 4-Her's category, age division (Junior or Senior), first and last name, and county. The 4-Her's last name must be included on every page.
5. Entries that do not include a cover page and statement of authenticity will not be judged at the state level and will be disqualified.
6. All entries must be submitted by the county Extension office by **January 23<sup>rd</sup>**.
7. Table 1 includes a list of the categories and notes specific requirements for certain categories (each category includes a Junior and Senior class).
8. Formatting requirements for entries: Use Calibri or Times New Roman font, set the font size to 12, and ensure the text is double-spaced (except for song and infographic entries).
  - a. Songs: single-space the text within verses, choruses, and bridges; double-spaced between each verse, chorus, and bridge. This will help keep the song section clear and easy to read.
  - b. Infographics: see Infographics Information and Rules Section (see page 3 of this packet)
9. Champions will be showcased at the Kentucky State Fair.





**Table 1: Categories**

Infographic
Original Monologue
Poetry: 3 line minimum; 25 line maximum
Press Release: Maximum of 1,000 words
Public Service Announcement
Songwriting
<i>What 4-H Means to Me</i> Essay: Minimum of 500 words

**Resources**

These resources are available for purchase on the National 4-H website.

**General Communications Resources**

- Communications Curriculum – Modules 1, 2, and 3
- The Writer in You Project Guide

**Specific Activities for Various Contest Categories**

**Monologue**

The Magic of Monologue Activity is available in National 4-H Council’s Theatre Arts Level 1 Curriculum (available for purchase on the National 4-H website).

**Poetry**

*The Poet in You* Activity is available in The Writer in You Project Guide

**Press Release and Public Service Announcement**

*Extra! Extra!* Activity is available in the National 4-H Council’s Communication Curriculum Module 2 (available for purchase on the National 4-H website).

**Songwriting**

*Compose Your Song* Activity is available in the National 4-H Council’s Communications Curriculum Module 1



# Red & Green Grilled Cheese

Servings: 4 Serving Size: 1 sandwich



## Ingredients:

- 1 medium sliced tomato
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon dried basil
- 2 cups fresh spinach
- 1 cup shredded part-skim mozzarella cheese
- 8 slices whole wheat bread

## Directions:

1. Preheat the oven at 400°F.
2. Lay out tomato slices and sprinkle with black pepper, garlic powder, onion powder and dried basil.
3. Assemble the sandwiches by layering tomato slices, ½ cup spinach and 1/4-cup cheese between two slices of bread.
4. Spray a baking sheet with cooking spray. Place sandwiches on the baking sheets.
5. Bake for 10 minutes or until the bottom of each sandwich is browned. Flip and bake an additional 5 minutes or until both sides are browned.
6. Serve immediately.

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

230 calories; 7g total fat; 3.5 g saturated fat; 0g trans fat; 15mg cholesterol; 270 mg sodium; 27 total carbohydrate; 1g dietary fiber; 4g total sugars; 0g added sugars; 15g protein; 0% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium