



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

Homeschool Club:

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

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 4:00pm! This will be for middle and high school students held at the *Olive Hill Library*.

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.

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

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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

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Disabilities
accommodated
with prior notification.

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Office Closed	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 Office Closed	21 Carter City OHES STEAM Club	22 Heritage Carter City Cooking Club	23	24	25
26	27	28	29	30	31	
				Area Teen Retreat		



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 1st 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 23rd**.
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