

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

BY

ANNETTE BUCKMAN

COUNTY EXTENSION AGENT FOR 4-H

What is 4-H?

4-H is a nationwide, youth development program that focuses on building life skills through hands-on learning experiences. The “4-H” stands for four key areas of focus: Head (thinking), Heart (caring), Hands (doing), and Health (living). It’s aimed at helping young people develop skills in leadership, citizenship, and personal development while also exploring a wide range of topics like agriculture, science, technology, engineering, arts, and more.

The program is open to youth 9-18 from all backgrounds, and it provides opportunities to take part in activities like clubs, camps, and fairs. In Kentucky, for example, the 4-H program helps youth explore career paths, gain valuable skills, and prepare for the future workforce. For more information 4-H contact the Union County Extension office at 270-389-1400

4-H Camp Kickoff

Now is the time for young people and their parents to begin making plans for an annual summer ritual, attending 4-H Camp. 4-H’ers from Union County will attend West KY 4-H Camp from June 10-13. Registration forms are due by May 16th. Union County 4-H Camp Kickoff, February 27th 3:30 – 5:30 p.m. Come out and have some fun and get registered for camp. For more information about 4-H Camp, contact the Union County Extension office.

Babysitting Clinic

There will be a babysitting clinic for youth, ages 12- 18. March 26, 27 and April 3rd. 4:30

– 6:00 p.m. Contact the Union County Extension office for more information.

Speech and Demonstration Contest Scheduled

Mark your calendars for Monday, April 14 at 6:00 pm for the 4-H Speech and Demonstration Contest. The event will be held at Union County Extension Office. Speeches should be 3-5 minutes in length for junior 4-H members (ages 9-13 as of Jan. 1 of current year), and 5-7 minutes long for senior 4-H members (ages 14-18 as of Jan. 1 of current year).

Demonstrations should be 7-10 minutes in length (depending on category) and can be team or individual. A complete list of demonstration topics is available at the Extension Office.

For more information on our communication programs, contact Annette Buckman, Union County Agent for 4-H Youth Development. 270-389-1400.

Happenings in February

- 2-07-25 MES Club Meeting
- 2-11-25 JPPII School Club Meeting
- 2-13-25 TLA – Daviess Co Ext – All Day
- Homeschool 1-2 p.m.
- Cloverbuds 4:30 -5:30 p.m.
- 2-14-25 Valentine’s Day
- 2-19-25 SES 7:45 & 1:20
- 2-20-25 Livestock 6 p.m.
- 2-22-25 Boots N Bridles 10:00 a.m.
- 2-25-25 Teen Club 4:30 -5:30 p.m.
- 2-27-25 Camp Kickoff 3:30 – 5:30 p.m.

Agriculture Notes

Submitted by Katie Hughes

Planning For The Future:

Planning for the Future involves more than just financial matters! The Union County Extension Office is putting on a 2 part meeting that is designed to jump start your family discussion. These meetings are FREE to ATTEND! All meetings will start at 5:30pm with light refreshments provided. To sign up or for more information contact the extension office 270-389-1400.

Meeting #1 February 3: Life Insurance, Funeral Pre-Planning,

Long-Term Care

Meeting #2 February 20: Estate Planning (wills, trust, POA, advanced medical/legal directives)

Union County Bull Sale:

Feb 8, 2025 at the Union Co Expo Center Bulls and Trade Show will be on display at 10am, Lunch Served at 12pm, CAIP Education Program 12:45pm and Bulls will sell at 1pm.

The 35% Women In Ag Conference:

Did you know that

35% of producers are women in Kentucky?! The 35% Women in Ag Conference will be held March 14, 2025 at the Union County Expo Center from 8AM-1PM. Cost is \$30 and deadline to sign up is February 14, 2025

Participants will get to attend three sessions that will focus on grain, livestock and horticulture. There will be a lot of hands on during these sessions that will include first aid, seeding rates and setting up planters, chute side and cattle handling, small sprayer calibration and marketing a business.

For more information you can contact one of these Ag agents:

- Dee Heimgartner Crittenden Co 270-965-5236
- Jessica James Henderson Co 270-826-8387
- Vicki Shadrick Webster Co 270-639-9011
- Katie Hughes Union Co 270-389-1400

Family And Consumer Science Notes

Submitted by Shea Heady

Cholesterol 101

What is cholesterol? Cholesterol is a fat-like substance found in all cells of the body. Our bodies naturally make cholesterol. Foods we eat can also impact the levels in our blood. Cholesterol is needed for the body to function properly, but too much cholesterol in our blood can have an impact your health.

Types of cholesterol: Low-density lipoprotein (LDL) is one type of cholesterol in our blood. Excess levels of LDL in your blood can stick together in your arteries. This buildup can narrow and even block arteries, making it difficult for blood to flow, which can lead to a blood clot, stroke, or heart attack. The other type of cholesterol is high-density lipoprotein (HDL). HDL carries excess cholesterol away from the arteries and helps prevent them from getting clogged. Higher levels of HDL in the blood can lower the risk of heart disease.

Am I at risk? Some lifestyle factors can increase the risk of elevated cholesterol levels. These include drug and alcohol use, eating patterns high in saturated fats, and not engaging in physical activity. Additional risk factors include some pre-existing conditions such as diabetes, prior heart attack or stroke, and high blood pressure. For some people, high LDL cholesterol levels can be genetic. This condition is known as familial hypercholesterolemia (FH). People with FH are born with high cholesterol and levels can increase with time. This condition cannot be treated with diet and physical activity alone. Your healthcare provider will prescribe medication.

How can I check my cholesterol levels? Your healthcare provider can order a blood test called a lipid panel or lipid profile to determine blood cholesterol levels. The test will measure total cholesterol, LDL and HDL cholesterol, and triglycerides, another type of fat in the blood. High levels of triglycerides can contribute to cholesterol buildup and increase the risk of heart disease. High blood cholesterol levels do not cause observable symptoms and may go undetected. Generally, it is recommended that healthy adults get cholesterol levels checked

every four to six years. Those at higher risk or with a family history of heart disease may get checked more often.

How can I manage my cholesterol levels? Manage Cholesterol Levels with Food The foods we eat and how they are prepared can impact cholesterol levels. Foods high in saturated fat can increase LDL cholesterol levels in the blood. Rather than focusing on the cholesterol content of foods, choose foods low in saturated fat to improve cholesterol levels. Incorporating foods high in fiber and unsaturated fats can increase HDL levels in blood and reduce the risk of heart disease. Managing Cholesterol Levels with Movement and More Regular physical activity can help lower your LDL levels and raise your HDL levels. Find movement you enjoy like walking, biking, and swimming and aim for involvement for at least 30 minutes on five or more days of the week. Short bursts of activity, like 10 minutes at a time, add up. Engaging in physical activity provides many benefits for heart health. Limit tobacco and alcohol use, as they can increase LDL and triglyceride levels while lowering HDL levels. People with higher body weight may have higher LDL cholesterol levels. Incorporating more high fiber foods, lowering saturated fat foods, minimizing tobacco and alcohol use, and engag-

ing in regular activity can both support weight maintenance and lead to lower LDL cholesterol levels. Together, these changes support your heart health. Your healthcare provider may prescribe cholesterol-lowering medication. Sometimes making changes in your diet and increasing activity levels is not enough to lower LDL levels. Incorporating some of these lifestyle changes along with medication use can further support your overall health and well-being.

FCS Happenings:

*Wits Workout will be held at the Union County Public Library in Morganfield on Tuesday, February 11th at 10:00AM. This is a fun “brain teaser” activity to keep your mind sharp. Please join us!

*The Heart Healthy Lunch and Learn will be held on Wednesday, February 12th at 11:30AM. Please call the extension office if you plan to attend.

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

POSITION AVAILABLE

The Union County Fiscal Court is accepting applications for 2 part-time gatekeeper positions at Moffit Lake.

Applications can be picked up and turned in at the Union County Judge/Executive’s office, temporarily located at 510 S. Mart Street, Morganfield or on the County’s website at www.unioncountyky.org.

Applications will be accepted until Friday, February 14, 2025. The Union County Fiscal Court is an Equal Opportunity Employer: All applicants are considered for employment without regard to race, color, national origin, religion, sex, age, veteran status, or disability. 2/5c

POSITION AVAILABLE

The Union County Fiscal Court is accepting applications for a part-time cabin cleaning position at Moffit Lake.

Applications can be picked up and turned in at the Union County Judge/Executive’s office, temporarily located at 510 S. Mart Street, Morganfield or on the County’s website at www.unioncountyky.org.

Applications will be accepted until Friday, February 14, 2025. The Union County Fiscal Court is an Equal Opportunity Employer: All applicants are considered for employment without regard to race, color, national origin, religion, sex, age, veteran status, or disability. 2/5c

PUBLIC NOTICE

THE FOLLOWING ESTATE HAVE BEEN PROBATED IN UNION DISTRICT COURT. PERSONS HAVING CLAIMS TO FILE AGAINST SAID ESTATES MUST FILE SAME NOT LATER THAN SIX MONTHS FROM THE DATE OF THE APPOINTMENT OF THE FIDUCIARY.

Estate of Mary Farthing, 716 North Monroe Street, Sturgis, KY 42459. Executor Calista Lovan, 716 North Monroe Street, Sturgis, KY 42459. Date of appointment January 21, 2025. Attorney B. Travis Newman, 2420 Frankfort Avenue Suite 200, Louisville, KY 40206.

Estate of Paulette Collins, 2456 Bunger Road, Sturgis, KY 42459. Executor Timothy O. Collins, 2456 Bunger Road, Sturgis, KY 42459. Date of appointment January 27, 2025. Attorney Stephen M. Arnett, P.O. Box 419, Morganfield, KY 42437.

COMMONWEALTH OF KENTUCKY UNION CIRCUIT COURT CIVIL ACTION NO. 24-CI-00040

KENTUCKY HOUSING CORPORATION PLAINTIFF vs. JOSHUA WAYNE GILMORE, AMANDA DAWN GILMORE AND SECRETARY OF HOUSING AND URBAN DEVELOPMENT DEFENDANTS

NOTICE OF SALE

By virtue of a Judgment and Order of Sale rendered by the Union Circuit Court on the 21st DAY OF OCTOBER, 2024, I will on FEBRUARY 13, 2025, at the hour of 10:00 A.M. or as soon thereafter as may be possible at the Courthouse door in the City of Morganfield, Union County, Kentucky, proceed to offer for sale to the highest and best bidder the following described real property located in Union County, Kentucky, to-wit:

Property Address: 731 State Route 2835, Morganfield, Union County, KY 42437 PVA No. / Map No.: WM3-04-10

The current year’s property taxes will be paid by the purchaser of the property.

Purchaser may pay cash or said property will be sold upon payment of 10% deposit, with the balance upon credit of 30 days, the purchaser shall execute a good and sufficient bond with approved surety thereon for the purchase price, the bond to bear interest at the rate of 4.25% per annum from the date thereof, until paid, and to have the force and effect of a judgment, but a lien shall be retained on said property to further secure the payment of the purchase price. At his option, the purchaser may pay cash or pay the bond with accrued interest at any time before its maturity. Said sale to be made free and clear of any and all liens, claims, rights, title, and interest of any and all parties to this action. The purchaser will be prepared to promptly comply with these terms or the said property will immediately be offered again for sale.

GIVEN under my hand this the 13th day of January, 2025.

Stephen M. Arnett, Master Commissioner 2/12c

COMMONWEALTH OF KENTUCKY UNION CIRCUIT COURT CIVIL ACTION NO. 23-CI-00253

INDEPENDENT CAPITAL HOLDINGS, LLC, PLAINTIFF vs. UNKNOWN HEIRS, LEGATEES AND DEVISEES OF ERNEST E. JONES; UNKNOWN SPOUSES OF THE UNKNOWN HEIRS, LEGATEES AND DEVISEES OF ERNEST E. JONES; COMMONWEALTH OF KENTUCKY, COUNTY OF UNION; CITY OF STURGIS, KENTUCKY MID SOUTH CAPITAL PARTNERS, LP; AMERICAN GENERAL HOME EQUITY, INC.; UNKNOWN HEIRS, LEGATEES AND DEVISEES OF TARVIN SHELTON; ANGELA SMITH; UNKNOWN SPOUSE, IF ANY, OF ANGELA SMITH DEFENDANTS

NOTICE OF SALE

By virtue of a Judgment and Order of Sale rendered by the Union Circuit Court on the 24th DAY OF SEPTEMBER, 2024, I will on THURSDAY, FEBRUARY 13th, 2025, at the hour of 10:00 a.m. or as soon thereafter as may be possible at the Courthouse door in the City of Morganfield, Union County, Kentucky, proceed to offer for sale to the highest and best bidder the following described real property located in Union County, Kentucky, to-wit:

Property Address: 305 East 10th Street, Sturgis, Union County, Kentucky 42459, PVA No. / Map No.: S3-40-02.

The current year’s property taxes will be paid by the purchaser of the property.

Purchaser may pay cash or said property will be sold upon payment of 10% deposit, with the balance upon credit of 30 days, the purchaser shall execute a good and sufficient bond with approved surety thereon for the purchase price, the bond to bear interest at the rate of 6% per annum from the date thereof, until paid, and to have the force and effect of a judgment, but a lien shall be retained on said property to further secure the payment of the purchase price. At his option, the purchaser may pay cash or pay the bond with accrued interest at any time before its maturity. Said sale to be made free and clear of any and all liens, claims, rights, title, and interest of any and all parties to this action. The purchaser will be prepared to promptly comply with these terms or the said property will immediately be offered again for sale.

GIVEN under my hand this the 20th day of January, 2025.

Stephen M. Arnett, Master Commissioner 2/12c