

Time to Register for 4-H Speech and Demonstrations Contests

BY MISTY WILMOTH, LARUE COUNTY EXTENSION AGENT FOR 4-H YOUTH DEVELOPMENT EDUCATION

4-H speeches or demonstrations can be an exciting, fun way to introduce youth to public speaking. Public speaking is one of the biggest fears Americans face, but public speaking is one of the many benefits of participating in 4-H. Speech and demonstration projects allow the youth to develop better communications skills as they teach others. Youth are able to think more logically as a result of participating in communication projects. Some youth feel more comfortable in demonstration projects because they are required to use props, such as poster boards, when they present their topic. Speeches can be

intimidating to some youth because they have to address their audience without any assistance from visual aids. However, note cards can be used in speech competitions.



MISTY WILMOTH

No previous speaking experience is necessary to participate. The only requirement is that youth are willing to give something new a try. Youth as young as nine and as old as 18 can participate. The possibilities for topics are limitless and can range from how to make bread to how to take quality photographs to how to care for animals. When choosing a topic, youth should pick one they are interested in and know a little bit about. They should also make sure information can easily be found on the topic. Once they have decided on a topic, youth should gather and organize infor-

mation about the topic. They should think of a way to creatively grab the audience's attention and then lead the audience through the step-by-step process of the project. Making an outline of the process helps organize the information. Youth should also determine what type of visuals and materials they will need to effectively present the topic. It is important for youth to practice their speech by presenting it in front of family members or friends. Practicing helps youth feel more confident and prepared for when they present the topic to their audience.

Speech categories are divided by birth year of the participant. Speeches must be the original work of the 4-H member and can be on any topic. Younger members may have assistance from an adult in writing their speech. Country ham

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Skunk season is upon us

BY ADAM THOMAS, LARUE COUNTY EXTENSION AGENT FOR AGRICULTURE AND NATURAL RESOURCE

In Kentucky, skunks are often killed



ADAM THOMAS

on the roads during February because of their mating habits. The mating season begins in late January and continues through February, resulting in kits in May and June. During breeding season males of this mostly nocturnal species wander between four and five miles each night. These ratty raccoons move slowly and resist fleeing from danger, which results in a high incidence of animals being hit by cars. Many



motorists note the increase of animals (and odor) on roads and along roadsides during these weeks.

Members of the weasel family, skunks are beneficial, but because of the noxious and unmistakable odor they emit when provoked, they are unpopular and even feared. They can be found in a wide variety of settings, from woodlots to hayfields to cities, throughout Kentucky. They are opportunistic,

eating plant and animal material, including insects and small animals such as mice, rats and shrews. Skunks do occasionally kill poultry and eat eggs, but because they mostly consume what are considered vermin (rats, shrews, moles, etc.), the accepted course is to leave them alone in their habitat.

Skunks can become an issue when they take up

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FOOD INSPECTIONS

ELEVATED NUTRITION, 928 Old Elizabethtown Rd., Hodgenville. Food service 100; no noted violations.

PAPA JOHN'S PIZZA, 30 Shawnee Dr., Hodgenville. Food service 97, retail service 99; Powerade on prep surface (corrected immediately), build up in prep cooler and wire racks in walk-in have build-up.

CIRCLE K, 600 N. Lincoln Blvd., Hodgenville. Food service 95, retail service 96; game meat stored with food product (corrected immediately), no visible thermometer in hot holding case, dumpster lid open, stock building outer openings not protected, rodent droppings underneath coffee counter (in cabinet underneath hand sink) and stock building has rodent droppings on floor near corners. Follow-up required.

THE SWEET SHOPPE, 100 S. Lincoln Blvd., Hodgenville. Food service 93, retail service 95; PIC expired, ice build-up in freezers, freezer portion of stand-up cooler in poor repair, build-up on floors around equipment, dust build-up on wall near oven, some miscellaneous items, floor in stock near stand-up fridge unclean, daylight visible at back door and mouse trap stored incorrectly (corrected immediately). Follow-up food service 97; PIC expired (corrected).

PLAY CARE ACADEMY UPTON, 29 Magnolia St., Upton. Follow-up food service 95; no PIC present (corrected).

FAST N FUEL, 701 S. Lincoln Blvd., Hodgenville. Follow-up food service 96; rodent droppings in stock area (corrected).



DOLLAR GENERAL, 8755 New Jackson Hwy., Magnolia. Follow-up food service 95; sewage not properly disposed (not corrected). Follow-up required.

WALGREENS, 415 N. Lincoln Blvd., Hodgenville. Food service 98; dumpster lids open, mop sink blocked, debris on floor in stock room and debris on floor in walk-in cooler.

DOLLAR GENERAL, 100 Rose St., Upton. Food service 99; some spillage in back stock cooler and freezer and some shelving dusty.

VIBE COFFEE, 118 N. Lincoln Blvd., Hodgenville. Food service 100; no noted violations.

LITTLE LIGHTS, 730 Tonieville Rd., Hodgenville. Food service 100; no noted violations.

HARDEES, 101 Lincoln Dr., Hodgenville. Food service 99; some build-up on hood vents, some splatter on beverage racks and interior of microwave, some handles need wiping down and spillage under beverage station.

KRISTIN'S CAKES AND CREATIONS, 105 S. Walters Ave., Hodgenville. Food service 100; no noted violations.

ROUTE 65, 2869 Weldon Loop Rd., Upton. Follow-up food service 92, retail service 92; first tank backing up to top of riser (not corrected), most riser lids not secure (not corrected) and wetland cells need re-working by certified septic installer (not corrected). Follow-up food service 94, retail service 96; first tank backing up to top of riser (corrected) and most riser lids not secure (corrected).

PIZZA ZONE, 2501 Greensburg Rd., Buffalo. Food service 96; unclean dishes from day before not maintained, some surfaces unclean, spillage in units, men's restroom missing paper towels and miscellaneous items throughout.

Note: The above list of food inspections is provided by the LaRue County Health Department, in conjunction with the Lincoln Trail District Health Department, and is published monthly in *The LaRue County Herald News*.

4H CALENDAR OF EVENTS

WRITTEN COMMUNICATIONS

The 4-H Written Communications Contest is a competition for youth ages 9-18 who have a passion for writing. Written pieces need to be turned into the LaRue County Extension Service by March 6. For more information visit larue.mgcafe.uky.edu/events/written-communications.

4-H Camp - June 16-19, 2026

Registration now open! Open to LaRue County youth ages 9-14. Forms are available at LaRue County Extension Service or online at larue.mgcafe.uky.edu/events/4-h-camp-2026. Adult and Teen Leaders are also needed! If you are interested in being an adult or teen leader at camp, call the Extension Office at 270-358-3401.



LARUE COUNTY 4-H SCHOLARSHIP
Scholarship applications are due Wednesday, April 1.

Applications can be picked up at the LaRue County

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On Wednesday, March 18th

NEARLY EVERY HOUSEHOLD IN LARUE COUNTY

Will Receive A Copy Of The LaRue County Herald News

That's nearly TOTAL MARKET COVERAGE!



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- 1/8 page \$125 b&w; \$175 w/color
- 1/4 page \$260 b&w; \$335 w/color
- 1/2 page \$400 b&w; \$500 w/color
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Above rates or contract rates apply*

WE'VE GOT LARUE COUNTY COVERED

Advertising Deadline: Tuesday, March 10th @ 3pm

To advertise contact Allison Shepherd 270-765-9096 publisher@laruecountyherald.com

THE LARUE COUNTY HERALD NEWS
www.laruecountyherald.com

Think Before Your Drink:

Plan Ahead for a Safe Ride Home.



One bad decision can cost a life. Protect yourself, your loved ones and everyone on the road by staying sober and focused behind the wheel today, this week, this month and all year.



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