

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

By

ANNETTE BUCKMAN

COUNTY EXTENSION AGENT FOR 4-H

Union County 4-H Country Ham Project Registration Now Open For 2027

The 2027 4-H Country Ham season is here! Union County youth are invited to participate in a long-standing Kentucky tradition through the 4-H Country Ham Project. Registration is now open for the 2027 program year.

The Kentucky 4-H Country Ham Project began in the 1990s with fewer than 40 participants. In 2026, a record 1,052 youth representing 81 Kentucky counties competed in the Kentucky State Fair in Louisville.

The project is open to Kentucky youth ages 9–18, regardless of their agricultural background. Participants gain hands-on experience while learning about food preservation, food safety, public speaking and Kentucky’s rich agricultural heritage.

Throughout the project, each 4-H member is required to complete six educational hours and will curs two hams. The curing process will begin in late January or early February, followed by an additional curing step in March or April. Participants then prepare their hams and speeches for county fair activities in June and the Kentucky State Fair in August.

At the Kentucky State Fair, hams are evaluated by country ham producers and meat buyers based on aroma, lean-to-fat ratio and appearance. These qualities account for 40% of the overall score. The remaining 60% comes from a three- to five-minute speech in which participants share their experiences and what they learned through the project. Awards are presented in smoked and non-smoked ham categories by age division.

Following the competition, participants may keep their hams, share them with family and friends, or donate them back to the Union County 4-H Country Ham Project to help support the following year’s Country Ham Breakfast.

The 4-H Country Ham Project provides a unique educational op-

portunity for young people to develop practical skills, learn how food is produced and preserved, and build confidence in public speaking while connecting with Kentucky’s agricultural traditions.

The participation fee for the 2027 project is \$85 per youth and includes the cost of two hams.

Registration Information

All youth participating in Union County 4-H programs must be enrolled in 4-H Online. Once enrolled, youth can register for the Country Ham Project by selecting the project under the Events section of 4-H Online. The required ham contract is included in the 4-H Online enrollment process, and parents or guardians must review and sign off on the contract electronically.

For more information about enrolling in 4-H Online and registering for the 2027 Country Ham Project, contact the Union County Cooperative Extension Office at 270-389-1400.

Don’t miss this opportunity to be part of a Kentucky tradition while developing valuable life skills through Union County 4-H! Remember: The deadline to register is December 11, 2026.

Follow Us On Facebook!

To keep up with all the fun events happening in the Union County 4-H Program follow Union County 4H on Facebook for all the latest news, events, and information about 4-H. There you will find interesting articles related to youth/4-H and much more!

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.

Did You Know?

A 2025 analysis of 24 studies involving nearly 33,000 participants published in the Journal of Affective Disorders found that roughly 5 percent of the global population is affected by seasonal affective disorder (SAD).

The National Institutes of Health defines SAD as a form of depression linked to changing seasons that is marked by significant changes in mood and behavior.

While SAD can affect people in warm weather seasons, the analysis found that fewer than 1 percent of people across the globe experience summer-type SAD.

The analysis suggests SAD is perhaps more common than people realize and underscores the need to raise awareness of SAD and what can be done to combat it.

Between You and Me x 2

By Monty Carter

Delight In God

My work involves a lot of time behind the wheel. This week I averaged 300+ miles a day delivering blood products to hospitals in the Carolinas and Georgia. It’s not always possible, but whenever I can get off the busy highway and take the backroads, I jump at the opportunity.

This week I was on a winding rural route in South Carolina. Both sides of the road were lined with beautiful farmland. Deer, cattle, corn, horses, donkeys, a hawk, and some turkey buzzards filled the landscape. If I didn’t know it I would think I was back in my native state, somewhere in Union County.

As I came around a bend I noticed black Angus cows heading in a line to fresh hay a farmer had just put out. As I crested a hill a young calf was trailing behind the old cows. He was running to catch up. Have you ever seen a calf running with sheer elation and joy? He knew he was a little behind, but you could tell he was more thrilled with running and kicking up his hooves while tossing his head side to side. It was a moment of sheer delight.

I smiled, then chuckled. I thought about our delight in the Lord. The calf, like a young child wasn’t gonna let anything steal his joy. Sadly, as we get older we let a lot of things rob us of our joy. One day that calf is gonna settle for lying down or slowly grazing in that field. He will fall into a dull routine and will rarely frolic again.

Union County Board Of Education

Continued from Page 1

operations. The position will be temporary, and the pay rate for the position will be \$30.00 per hour.

Board members also heard a public appeal from Addylynn Duncan, and eighth grade student at Union County Middle School. Miss Duncan presented members with documentation showing declines in student achievement at UCMS, and she attributed that decline to a high turnover rate and a lack of certified staff at the school. She asked board members to make an effort to fill positions at UCHS with qualified, permanent teachers. The board expressed their appreciation to the student for her presentation and her concerns.

In final business, board members approved 18 items on the consent agenda. Those items included leaves of absence, travel requests, fund-raisers, change orders, agreements, a board member on the district calendar committee, and a declaration of surplus equipment.

No further business came before the board, and the meeting adjourned at 7:20 P.M.

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People are no different. Life gets busy and tough. We forget our playful childhood ways. A cancer bomb, loss of a loved one, job stress, divorce, and even the routine of life will slowly crowd out our sense of playfulness and delight. Unless we guard it carefully our joy will disappear. Unattended delight of life can be the first step into an abyss of grief, pain, and despair.

The Psalmist guarded his delight like a treasured family heirloom. He understood its importance and value: “Delight yourself in the Lord, and he will give you the desires of your heart.”(Psalm 37:4)

This psalm is often taken out of context and used as a license to get whatever we want from God. But the psalmist instructs us to delight in God before we ever think about what we want. When our delight and focus are on God, He conforms our desires to His will. See the difference? It’s a big one. When I delight in the Lord thoughts of fame and fortune disappear. My heart begins to desire kindness, health, love, faithfulness, gratitude, more time with God, and praise for Him.

Neither humans nor AI can accomplish this kind of joy. Only God provides this kind of “calf-kicking” kind of delight. So what are we waiting for? Let’s jump headfirst into the delight of God. Who knew that a lowly calf could teach such a valuable lesson?

Agape, Monty

The next regular ty Board of Education meeting of Union County will be Monday, November 23, 6:00 P.M.

PUBLIC NOTICE

Pursuant to 405 KAR 8:010, Section 16(5), the following is a summary of permitting decisions made by the Department for Natural Resources, Division of Mine Permits with respect to applications to conduct surface coal mining and reclamation operations in Union County.

RIVER VIEW COAL, LLC 9130014 MI 12 9/16/2026
 RIVER VIEW COAL, LLC 9135015 MI 52 9/16/2026
 RIVER VIEW COAL, LLC 9139003 MI 20 9/17/2026

NEED HELP WITH YOUR RETIREMENT PLAN?

If you have questions about your pension, 401(k) or- profit sharing plan, call the Mid America Pension Project at (866) 783-5021 to get free legal advice. Funded by the U.S. Administration for Community Living, MAPP staff provides free legal assistance to anyone with a question about their retirement plan.

CALL US TODAY 1.866.783.5021

HALLOWEEN BLAST

Saturday, October 31

4:00 P.M. to 7:00 P.M.

Sturgis Kiwanis Building

Chili - Chili Dogs

Candy

Proceeds go to Union County Youth and Sturgis Elementary School.

EMPLOYMENT OPPORTUNITY

CITY OF MORGANFIELD

POSITION OF DESCRIPTION

UTILITY BILLING TECHNICIAN

The City of Morganfield will be accepting applications for the position of Utility Billing Technician through November 13, 2026, until 4:00 P.M. at 130 E. Main Street, Morganfield, Kentucky 42437. Experience in preparing customer billing documents for all utility accounts is helpful. You may pick up an application and full job description at City Hall, 130 East Main Street, Morganfield, Kentucky 42437 from 8:00 A.M. to 4:00 P.M. Monday through Friday. Mailed applications should be addressed to City of Morganfield, P.O. Box 420, Morganfield, Ky. 42437 Attention: Scott Clements 270-389-2525.

Qualifications:
 All applicants must have completed high school with a diploma or G.E.D. equivalent. Read and write the English language. Position requires proficient computer skills in Word, Excel along with experience using billing and accounting software. Possess a valid driver's license.

THE CITY OF MORGANFIELD IS AN EQUAL OPPORTUNITY EMPLOYER.

10/28c

-- PUBLIC NOTICE --

Pursuant to KRS 117.383(8), to validate the accuracy and fidelity of the vote tabulation, the Union County Board of Elections will conduct a hand-to-eye audit of the votes cast in one randomly selected race from ballots tabulated by one randomly selected scanner on November 3, 2026.

The Secretary of State will randomly select the race and scanner to be the subject of the audit on November 4th and notify the county that same day.

This audit will take place at 100 W Main Street, Morganfield, KY 42437 on the 2nd Floor of the Courthouse on **November 5th, 2026, at 1:00pm.** The public may observe the audit.

PUBLIC NOTICE

ADVERTISEMENT FOR BIDS

Sealed Bids for a new Hitesville Road Bridge will be received by the Union County Fiscal Court until 8:30 a.m. Central Standard Time on November 10th, 2026. They will be publicly read in Union County Fiscal Court, 2nd floor of the Union County Courthouse, 100 West Main Street, Morganfield, KY on November 10th, 2026.

The Contract Documents, including technical specifications and drawings, may be examined at the following locations:
Union County Judges Office
100 West Main Street
Morganfield, KY 42437

The project will be advertised in The Sturgis News on October 28th and November 4th, 2026. Copies of the Contract Documents may be obtained at the office of Union County Judges Office, 100 West Main Street, Morganfield, Kentucky 42437. Copies may be obtained via email by emailing jill.hunley@unioncountky.gov.

The Union County Fiscal Court shall reserve the right to waive informalities and to reject any or all bids.

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