



# LOGAN COUNTY 4-H NEWSLETTER

Logan County Extension 255 John Paul Ave. Russellville, KY 42276 (270) 726-6323

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## Meet Our New Agent



*Maci Venable*

Hi! My name is Maci Venable and I am the new Logan County 4-H Youth Development Agent. Here is a little about me! I currently live in Logan County with my Husband, Justin and our 6-month-old baby boy, Stetson.

In my free time I enjoy camping, riding horses, and spending time with family & friends. This past year a lot of changes came my way with a new baby and a new job – both huge blessings!

4-H has been a huge part of my life from the time I was a cloverbud, all the way to now in my new role as a 4-H agent. I participated in horse club, shooting sports, teen club, school clubs, and cooking clubs. Along with those clubs, I also competed in many 4-H competitions such as horse judging, speech & demonstrations, state shooting sports, and many others. Some of my greatest memories come from 4-H trips such as teen conference, 4-H camp, teen summit, and horse camp. Experiencing firsthand the benefits 4-H brought to my life, is where my passion for 4-H comes from. It is so important for young people to be involved in activities that allow them to learn new skills, become leaders, and make connections while also having fun!

This year I am excited to get to know all of you through clubs, programs, workshops, and 4-H events. I hope to continue growing the Logan County 4-H program & I am thankful for the opportunity to do so!

*Maci Venable*

Maci Venable  
Extension Agent for  
4-H Youth Development

To Enroll for the 24-25 year

Scan Here!

or visit the Extension Office



# MARK YOUR CALENDARS

**January 17:**

Maci's Reception

**January 23:**

Homeschool Club

**January 27:**

4-H Council Meeting

**January 28:**

Back to the Roots

**February 6:**

Ag Apprec. Lunch

**February 25:**

Back to the Roots

**March 8:**

Cattlemens' Meeting

**March 28:**

Communications  
Registration Deadline

**March 29:**

Country Ham  
Workshop

**April 15:**

Steer Show Weigh-In

**April 22:**

Communications  
Contest

**May 27:**

Steer Show



## GROWING TOMORROW'S LEADERS

### YOUR DONATION

Give \$10 with each Ag Tag

### YOUR COMMUNITY

Half of the funds for 4-H and FFA  
come back to your local clubs  
and chapters.

### OUR LEADERS

Support statewide programs  
impacting 274,000 students enrolled  
in 4-H, FFA and KY Proud members.



By making a \$10 donation with your Ag Tag, you are choosing to invest directly into the future of Kentucky agriculture. Donations are divided equally between FFA, 4-H and Kentucky Proud with half going directly back to your County. Thank you for your support.



**COMING SOON**

## New County Award Program

Extension Agents and the 4-H Council are working to develop a new "Shining Star" County Award for 4-H Youth. These awards are meant to encourage members to participate in clubs, projects, and activities at the county, area, and state levels. If you would like a list of qualifying projects, fair exhibit categories, and events, please contact the Extension Office. These awards will be presented at the County Banquet in November/December. Applications for the awards will be available at the Extension Office once they are finalized.



## STAY UP TO DATE

Follow us on  
Facebook:

Logan County 4-H

# AGRICULTURE APPRECIATION LUNCHEON

**Logan County Extension Office**

255 JOHN PAUL AVE RUSSELLVILLE, KY 270-726-6323



*4-H HAM AUCTION &  
4-H & FFA SAE TRADE SHOW*



*Save the Date*

# February 6 2025

FREE TO ATTEND  
RSVP IS ENCOURAGED

FOOD LINES  
OPEN 11:30 AM



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



LOGAN  
COUNTY  
CHAMBER OF COMMERCE

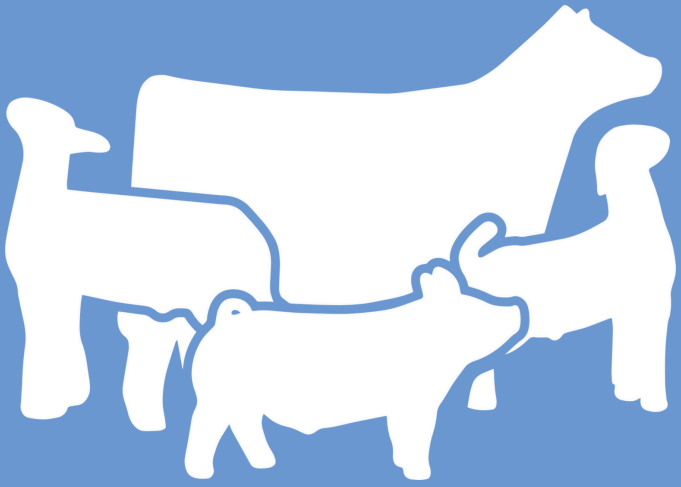
Students will be excused from school to attend but are expected to return to school.



## County Fair

### Kick-Off Day and Exhibit Hall June 21st

Exhibits will be due to the Extension Office on June 16 & 17. For a list of exhibit categories, please call 270-726-6323 or see our website: [logan.ca.uky.edu/4h-youth-development](http://logan.ca.uky.edu/4h-youth-development)



# 4-H LIVESTOCK CLUB

All 4-H Livestock Exhibitors are required to have 6 hours of Livestock Education prior to the show. Please join the Livestock Club Remind Class Code **b9e88d9** for all updates and upcoming education opportunities.



**LOGAN Co. CATTLEMEN QUARTERLY MEETING**  
**MARCH 8TH, 2024 6:30 PM**  
LC Extension Office

LOGAN COUNTY CATTLEMEN ASSOCIATION

# STEER SHOW, SALE & CARCASS CONTEST

36 Exhibitors Weighed in  
55 Steers

## DATES TO KNOW

Preliminary Weigh In  
**April 15 4pm - 7pm**

Show Day  
**May 27 1pm**

Call the Extension Office for more  
information 270-726-6323



# SAVE THE DATE

# 4-H CAMP

More information coming after Spring Break!



**JULY  
21-24**



Contact us now if you are a teen or adult interested in attending!  
4-Her's must have completed 3rd Grade by June 2025 to attend.

## 4-H COUNTRY HAM PROJECT

**HAM CURING DATES: MARCH 29, JUNE 14, JULY 19**

Ham Curing will take place at Clifty Farm in Scottsville, KY.  
Parents must provide transportation to and from Clifty Farm.

**STATE FAIR DATE: AUGUST 14TH** Must have registered for Project.

# 4-H Poster Contest

## CONTEST RULES

- Poster should promote 4-H and/or opportunities through 4-H (catchy sayings or identify project areas).
- Poster must be created by a currently enrolled 4-H'er. (Contact Extension Office to enroll if needed.)
- Well-known cartoon figures that are copyrighted cannot be used.
- All posters must be designed on, or affixed to poster board of 14 x 22 inch dimensions. (This is 1/2 of a standard poster board size.)
- Any medium including watercolor, ink, crayon, acrylic, charcoal, oils, collages, etc, may be used to produced posters as long as they are NOT three dimensional.
- 4-H must be the topic of the poster.
- Youth MUST include the following information on the BACK of the poster: Name; Age (as of 01/01/2023); Address; Club; County; and a brief artwork interpretive statement.

*Due to Extension Office by May 1st*

# PRESCHOOL SPRING FLING

## Drive Through Event

**APRIL 21, 2025**  
**4:00-5:15PM**

**LOGAN COUNTY EXTENSION OFFICE**  
**255 JOHN PAUL AVE., RUSSELLVILLE**

**Free Early  
Learning Giveaways  
to the first 75 children  
aged 3-5 years old**

**\*Children must be present  
and the Kindergarten  
Readiness Survey  
must be complete for each  
eligible child to receive  
giveaway items.**

**Complete Survey to register by scanning QR  
Code or visit <http://tinyurl.com/psf425>**

## **VOLUNTEERS NEEDED!**

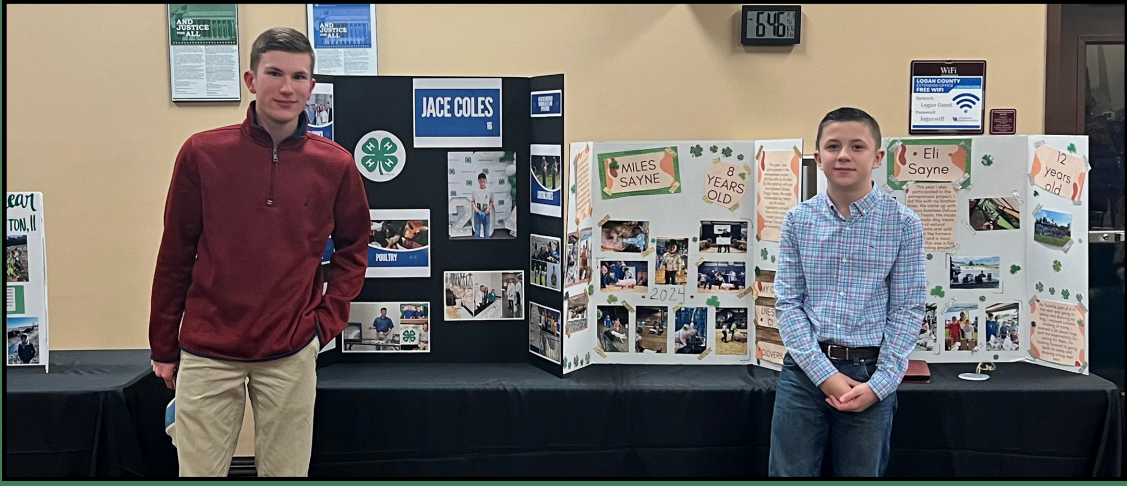
Logan County 4-H is looking for Volunteers to lead clubs, mentor kids, and build relationships. 4-H offers programs for the whole family. You can try something new, get outdoors, teach your passion, and give back, while giving kids the opportunity of a lifetime!

Contact the Extension Office at 270-726-6323 for more information.





# COUNTY AWARDS BANQUET



# CONGRATS TO ALL!



# LOGAN COUNTY 4-H COMMUNICATIONS NIGHT

## SPEECH, DEMONSTRATION AND MOCK INTERVIEW CONTESTS

THURSDAY, APRIL 22ND

6:00PM

LOGAN COUNTY EXTENSION OFFICE

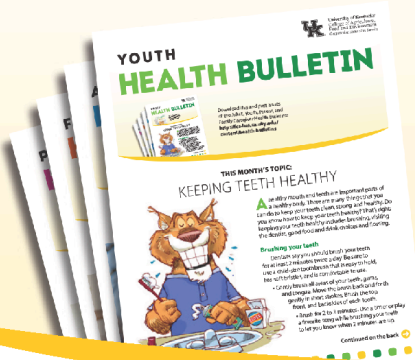
See attached papers for contest rules, categories and more information. Must be 9-18 years old.

Please call the Logan County Extension Office at 270-726-6323 before March 28th to sign up.

**GREAT FOR COUNTY AWARD APP!**



# HEALTH BULLETIN



## JANUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Logan County Extension Service  
255 John Paul Ave.  
Russellville, KY 42276  
270-726-6323  
[logan.ca.uky.edu](http://logan.ca.uky.edu)

### THIS MONTH'S TOPIC

## DON'T LET THE COLD KEEP YOU IN

**T**here is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

### Dress for the weather

#### If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

#### If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



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### 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

→ Continued from the previous page

- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

## Looking for some fun ways to play outside this winter? Try these!

### Igloo building: Frozen fun in low temperature.

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

### Snow olympics: Gather your siblings and friends for some cold competitions.

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

### Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

#### REFERENCE:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>



## YOUTH HEALTH BULLETIN

#### Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

#### Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



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## JANUARY 2025

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### THIS MONTH'S TOPIC

## STEP INTO NATURE: EVEN IN THE WINTER



**I**n the cold, dreary months of winter, it is easy for everyone to spend more time inside. However, children need time to play outdoors year-round. It can be tempting to forgo the extra work of bundling a child up to go outside to play, but there is simply no substitute developmentally for kids playing outside.

Children need unstructured play time outside every day. Their bodies need to be able to move. Even 15 to 30 minutes of outside playtime makes a difference in kids physically, emotionally, and behaviorally.

Physically, children's bodies are growing and developing. They need to use and strain bones and muscles to develop strength and endurance. Lungs and heart need to be used to increase capacity as well. Physical activity is the best way for all body systems to work well, and children

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Disabilities accommodated with prior notification



Maybe you have heard that playing outside when it is wet or dreary can cause your child to catch a cold or feel poorly. However, we know that is not the case. Colds come from the spread of germs.

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need to use energy and move freely. While sports and organized games are great physical activities, children also need unstructured time to explore and learn independently. It is OK for your child to be “bored” outside. Boredom often leads to creativity and ingenuity in both children and adults.

Children process their emotions through their bodies, so they need regular opportunities for physical release. As with adults, spending time outdoors helps to lower stress levels and reduce negative thoughts. Teaching children to use nature as a tool to help themselves feel better emotionally builds capacity and resilience. Adults model using nature as a tool by encouraging children to go outside when they feel poorly and helping them reflect on how being outside affects their emotions and thought patterns.

When children regularly spend time playing outdoors, their behavior indoors improves. Wide-scale studies have shown that physical activity is a mitigator for student behavior in schools. Particularly for high-energy children, or children with attention or hyperactivity disorders, having opportunities throughout the day for unstructured activity decreases reports of problematic behaviors. Additionally, spending time outdoors in green spaces has been shown to increase concentration, problem-solving, and imagination. These are all areas of importance for growing and learning minds.

Parents often cite poor weather as a reason for limiting outdoor play in the winter months. Maybe you have heard that playing outside when it is wet or dreary can cause your child to catch a cold or feel poorly. However, we know that is not the case. Colds come from the spread of germs. This happens much more frequently indoors than outside. Breathing in fresh, outdoor air boosts children’s immune function and helps their bodies fight colds and other illnesses.

If a child dresses appropriately, most weather, aside from storms and extreme cold, is suitable for outdoor play. When it is wet, help your child choose clothes and shoes that will keep them dry, such as rain boots, a water-resistant coat and pants, or a rain suit. When it is cold, instruct your child to wear a coat, hat, gloves, and layers to stay warm, as well as socks and shoes to protect their feet. Winter boots and a snowsuit may also be beneficial.

Encourage kids to go play outside, and then come inside to get warm and dry. Everyone benefits from stepping into nature, even in the winter!

**REFERENCE:**

[https://www.med.upenn.edu/antibiotics/newsletters/2017\\_5.1\\_January.pdf](https://www.med.upenn.edu/antibiotics/newsletters/2017_5.1_January.pdf)

**PARENT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# HEALTHY CHOICES FOR HEALTHY FAMILIES

**UK** Cooperative Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.

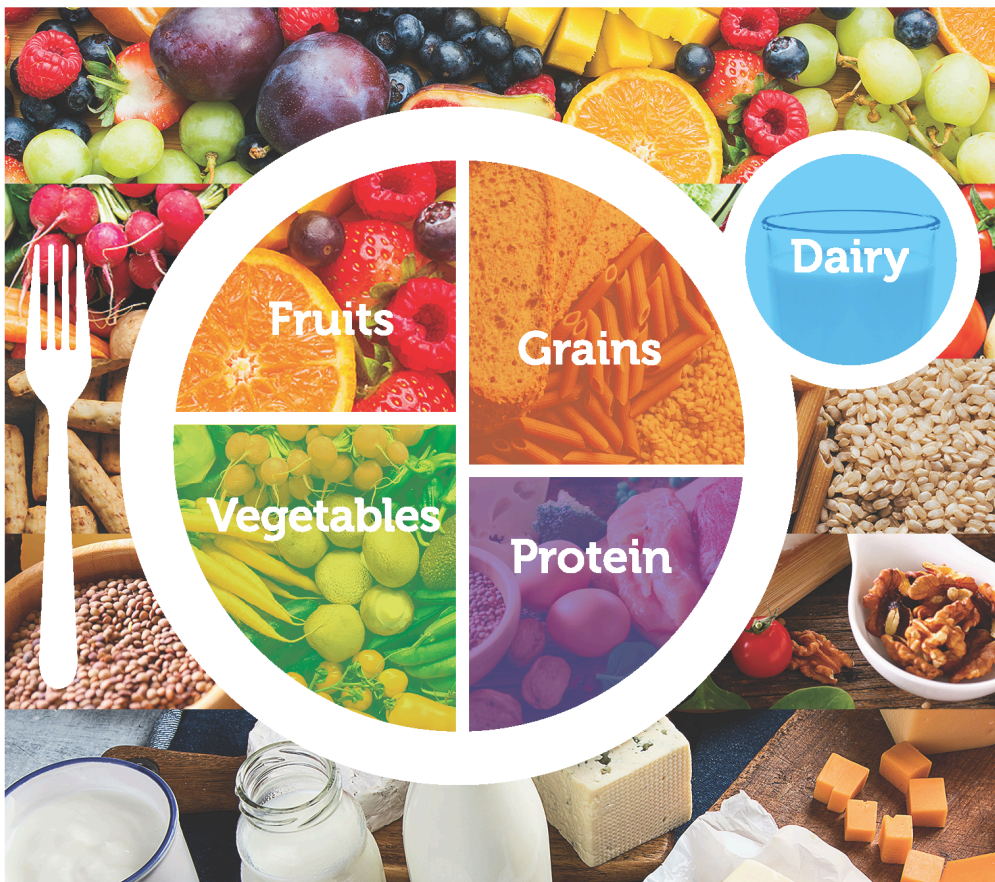


This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Start off the new year with MyPlate

**K**ick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you to choose many foods throughout the day and throughout the week. It shows what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way. Start with the tips below.

- **Focus on whole fruits.** Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.
- **Vary your veggies.** Veggies can be raw or cooked and can be fresh, frozen, canned, or dried.
- **Vary your protein routine.** Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts,



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## BASIC BUDGET BITES

### Canned and frozen fruits and veggies

**D**uring the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

Source: Adapted from <https://winnebago.extension.wisc.edu/2018/12/26/canned-fruits-and-vegetables-are-a-good-choice>

## CONTINUED FROM PAGE 1

seeds, and soy products. Try to eat many kinds of lean proteins.

- **Make half your grains whole grains.** Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.
- **Move to low-fat or fat-free dairy** milk, yogurt, and cheese (or lactose-free dairy or fortified soy versions).
- **Drink and eat less sodium, saturated fat, and added sugars.** Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.

Source: Adapted from MyPlate.gov

For more information, visit [MyPlate.gov](https://www.MyPlate.gov)



## PARENT CORNER

### Be a role model

**D**id you know that children are more likely to try new foods and eat healthy foods if they see their caregivers doing the same? Next time you want your child to try a new vegetable, do it with them or offer something they often see you eating.

## FOOD FACTS

### Black-eyed peas

**B**lack-eyed peas are often eaten on New Year's Day to bring good luck with the new year. They also happen to be packed with fiber, which helps lower cholesterol and keeps you regular.

Choose dried beans or beans canned with low or no sodium. Select dried beans that are dry, firm, clean, uniform in color, and not shriveled.

Source: <https://fruitsandveggies.org/fruits-and-veggies/black-eyed-peas-nutrition-selection-storage>



# LOGAN COUNTY 4-H COMMUNICATIONS NIGHT SPEECH, DEMONSTRATION AND MOCK INTERVIEW CONTESTS

THURSDAY, APRIL 22ND

6:00PM

LOGAN COUNTY EXTENSION OFFICE

See attached papers for contest rules, categories and more information.  
Must be 9-18 years old.

Please call the Logan County Extension Office at  
270-726-6323 before March 28th to sign up.

**YOU DO NOT HAVE  
TO BE A 4-H  
MEMBER TO  
PARTICIPATE!**

# Kentucky 4-H State Communication Contest

## *Speech and Demonstration Contest Rules and Categories*

### General Rules

1. This event includes speeches and demonstrations (individual and team).
2. The age of a young person participating in the State Communication Contest is the age they are on January 1 of the program year in which the state contest is held. Age divisions include: Junior: 9-13 years old; Senior: 14-18 years old.
3. Each Area Grouping can send one participant per category.
4. The state standard is that State Communication Contest participants earn a blue ribbon at the Area Grouping level to qualify for the State Communication Contest event.
5. Participants can participate in one speech and one demonstration category per year.
6. State champions may participate only in categories in which they have NOT previously won.
7. It is suggested that the speech or demonstration given by the 4-Her be a new topic from previous years.
8. The contestant will be introduced by name and title by the room host. There will be no penalty if name and subject or title is used during the presentation.
9. A penalty of three points will be subtracted from the participant's total overall score for time errors (under/over time). The time requirement penalty will apply to the state contest, but not necessarily to county or area events. Participants will be eligible for champion placement.
10. The decisions of the judges are FINAL.

### Speech Specific Rules

11. Speeches by Senior level 4-H members must be between 5 to 7 minutes long. Speeches by Junior level 4-H members must be between 3 to 5 minutes.
12. Senior level: Because this is an educational learning experience, the Senior 4-Her is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. Junior level: The 4-Her may have assistance in writing and preparation based on age level.
13. 4-H members should dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
14. No visual aids will be used in speech competitions. Custom costumes\* and/or electronic equipment (with the exception of electronic notes, see #15) are considered visual aids. Speakers using visual aids will receive a ribbon but will not be considered for champion placement. \*If a 4-Her would not wear the item on a daily basis, then the item is considered a costume item and is not allowed.
15. The use of note cards/electronic notes is optional. Points will not be added or subtracted for the use of notes unless the speaker uses them in a distracting manner. \*Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted except in the Digital Media Presentation Demonstration Category.
16. Dramatic readings, dramatic monologues and recitation of poems (as the entire speech) including web-based information will not be accepted. Excessive or distracting body or hand gestures will be counted against participants in the scoring section.

### Demonstration Specific Rules

17. Demonstrations should be between 5-15 minutes.
18. Participants can receive assistance while practicing their demonstration, which may involve rehearsing in front of peers, club leaders, and others. However, at the Senior level, 4-H members are expected to showcase their own original work. This includes selecting a topic, conducting research, and writing their own speech or demonstration. While the internet can be used for reference, it should not be relied upon for non-original content.





19. A participant may have help setting up their demonstration but may not have another person helping during the demonstration. Only team demonstrations may have more than one person participating. Assistance from the audience is not permitted.
20. Team demonstrations are permitted at the state level. They will follow the same rules and regulations of the single participant demonstrations. Two 4-H members will comprise a team. Each person must have a significant speaking and presentation portion. Team demonstrations will be placed in a Junior Category or a Senior Category regardless of topic. All team members must be in the same age category.
21. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.
22. The use of computers and presentation equipment is only permitted in the Digital Media Presentation Demonstration Category. The use of computers or presentation equipment is not allowed in any other category. \*Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted.
23. Demonstrations must have a posterboard or tri-fold poster as aids during their demonstration with the exception of the Digital Media Presentation Demonstration Category.
24. Videos may not be used during presentations in any category with the exception of the Digital Media Presentation Demonstration Category
25. NO LIVE ANIMALS of any size are permitted.
26. Youth may participate in the individual demonstrations or choose to participate in the team demonstration category. They may NOT do both.

\*Notes for State Contest:

- If judges for the same 4-H member are not within 20 points of one another's score, judges must meet and discuss scores.
- If there is a tie in a category and the judges are not able to come to a consensus, the room host will determine the winner for that category.

### **Speech Categories**

9-Year-Old  
10-Year-Old  
11-Year-Old  
12-Year-Old  
13-Year-Old  
14-Year-Old  
15-Year-Old  
16-Year-Old  
17-18-Year-Old

### **Demonstration Categories**

Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

### **CORE: AGRICULTURE**

Agriculture – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil sciences (e.g. crops, agronomy, gardening).

Animal Science – to include information on selection, care and feeding of animals, financial records, operations, and animal products for small or large animals. This also includes companion animals. (Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests as this is a different event).

### **CORE: EXPRESSIVE ARTS**

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.

Performing Arts – all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

### **CORE: FAMILY & CONSUMER SCIENCES**

Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.

Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

### **CORE: HEALTH**

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

### **CORE: LEADERSHIP**

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.

### **CORE: NATURAL RESOURCES**

Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

### **CORE: SCIENCE, ENGINEERING & TECHNOLOGY**

Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.

Digital Media Presentation – must include a hands-on demonstration with the use of presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).