

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE
BY
ANNETTE BUCKMAN
COUNTY EXTENSION AGENT FOR 4-H

4-H Communication
Contests Help
Youth Jump Start
These Seven Life Skills!

Good communication skills can contribute to a young person's success in almost any career field. Whether they are taking part in a big school presentation or preparing for an important job interview, youth with public speaking and writing experience will feel more prepared, capable and confident when sharing their thoughts and perspectives.

The 4-H Communication and Expressive Arts program teaches young people more than how to deliver a good speech or write a compelling essay. It helps them to strengthen and refine many important abilities that will serve them well throughout their lives as citizens, career professionals and community leaders. All participants in 4-H Communication contests can use the experience to practice these seven valuable life skills:

Develop poise under pressure. Public speaking in a supportive environment can help young people tackle stage fright and teach them how to give it their best even when they are feeling nervous.

Sharpen critical thinking skills. Participants in 4-H Communication contests learn how to organize their thoughts and form well-reasoned, logical arguments.

Learn the power of persuasion. The skills necessary for winning over an audience or convincing a reader are the same ones that can be applied in real-world

mediation, advocacy and negotiation.

Set goals and exercise self-discipline. Outlining your intentions, editing your work and practicing your delivery can demonstrate the value of determination, hard work, and attention to detail.

Adapt to the unexpected. Things don't always go smoothly when you step up to the podium. Good presenters learn how to respond to their audience and adjust in the moment.

Explore your leadership potential. Whether it's an officer position in an afterschool club or a managerial role at a big company, strong communication skills can open doors to new opportunities.

Communicate any message confidently and effectively. Perhaps most importantly, 4-H communicators learn that their voices can be powerful tools for improving their communities and shaping their world.

Interested senior- and junior-level 4-H youth can compete in the 4-H Speech and Demonstration Contest or the 4-H Written Communication and Digital Media Contest. Participants in the Speech and Demonstration Contest prepare and present a speech on a topic of their choosing (5 to 7 minutes at the senior level, or 3 to 5 minutes for the junior level), or they can opt to give a 5- to 15-minute individual or team demonstration.

Written communication competitors can show off their skills in any of six writing categories: original monologues, poetry, press releases, public service

announcements, songwriting, and "What 4-H Means to Me" essay writing. Digital media entry categories include flyers, infographics and podcasts.

Source: Ashley Osborne, Extension specialist for 4-H youth development

For more information on 4-H Communication contests and how to get involved, contact the Union County Extension office.

4-H Happenings

1-8 Cloverbuds 4:30 – 5:30

1-9 Area Teen Retreat

1-13 Homesteading Club 4:00 – 5:30

1-15 TLA-Hopkins Co. – All Day

1-15 Livestock and Horse Club 6:00 p.m.

1-20 Master Chef Cooking Club 4:00 – 5:30

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 disabilities.

Millions Of Retirees Likely To Outlive Retirement Savings

expenses starting at age 65, and found that the average American retiree can expect roughly \$762,000 in income generated from government-sponsored plans like Social Security, savings and investments. But the expected living expenses of such individuals was determined to be \$877,000, meaning the average retiree may have a shortfall of \$115,000.

Retirement savings shortfalls also are a cause for concern in Canada, where 59 percent of Canadians indicated they fear they will outlive their savings in a 2025 CPP Investments Retirement Survey.

Projections like those from Seniorly and the fears expressed by Canadians concerned by a potential shortfall of retirement savings underscore the need to prioritize saving for life after working, which can have short-term benefits as well.

In fact, 49 percent of Canadians who expected to utilize the Canada Pension Plan reported lower levels of stress as a result of their commitment to retirement planning.

THE STURGIS NEWS

PO/PN 423-400

Anthony L. Catlett, Editor

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When Milk, Dairy Are Not An Option
Consider Nutrition Of Dairy Alternatives

Submitted By
Shea Heady

Sources: Heather Norman-Burgdorf, Ph.D., Extension specialist; and Anna Cason, RDN, senior Extension associate.

Cow's milk is a good source of important nutrients. It is naturally high in some, and others are added to it to increase the nutritional value. Cow's milk is fortified, most commonly, with vitamins A and D. The Dietary Guidelines for Americans recommends cow's milk, yogurt, and cheese make up the dairy group for a healthy dietary pattern.

Some people may need to avoid cow's milk and opt for dairy alternatives for a variety of reasons, ranging from specific dairy-related health concerns to personal beliefs. People with lactose intolerance don't produce enough of the enzymes needed to digest lactose, a sugar naturally found in cow's milk, and may experience symptoms like bloating and stomach pain from dairy products. People with milk allergies can experience potentially life-threatening immune reactions to the proteins in cow's milk. For those with alpha-gal syndrome, products from mammals, including dairy, can spark severe immune reactions.

Milk alternatives have their own unique nutritional profiles. They often are fortified with nutrients to mimic the profile of traditional dairy or contribute to the recommended daily intake of certain nutrients. Because of the processing required to make dairy alternatives from plant foods, they fit into the category of ultra-processed foods.

When choosing a dairy alternative, consider its nutrient profile to make the best choice for your personal needs. Look for important vitamins and minerals, including calcium and vitamin D for bone health, vitamin E for immune health, and vitamin B12 for protein metabolism and to support the nervous system.

The amount of carbohydrates, protein, and saturated and unsaturated fats provided in different plant-based alternatives can also vary widely. Milk alternatives from plants may naturally have a higher amount of carbohydrates, which can affect those with diabetes, or they may be sweetened to make them appealing. Plant-based milk-like products are usually lower in saturated fats, which are linked to conditions like heart disease. Protein is vital in the body for many functions, including cell and muscle building, and cow's milk is a good source for it, compared to plant-based options.

Wits Workout continues at the UC Senior Centers. Morganfield Center on Mondays at 12:00pm and Sturgis Center on Thursdays at 12:00pm. In January we plan to have a fun cake class--watch the Facebook page for more information. The Heart Healthy Luncheon will be in February.

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FCS Happenings:

Laugh and Learn, a program to promote kindergarten readiness.

PUBLIC NOTICE

Notice is hereby given of the dissolution of House to Home LLC, a Kentucky limited liability company. Pursuant to KRS 275.325, any persons having a claim against said company shall deliver notice of the alleged claim to Stephanie Beaven, 450 Pryor Blvd, Sturgis, Kentucky 42459. Such notice shall include the following information: (a) the full name, address and telephone number of the claimant; (b) describe the precise nature of the alleged claim; (c) the date such alleged claim first became known to the claimant; and, if appropriate, (d) the location where the alleged claim arose. Any claim against the company shall be barred unless a proceeding to enforce the claim is commenced within two (2) years after the publication date of this Legal Notice.

PUBLIC NOTICE

The Union County Fiscal Court will receive lump sum sealed bids on a general contract for interior renovations to the Union County Expo Center, located at 125 Pryor Blvd, Sturgis, KY 42459.

Proposals will be received until 2:00 PM, prevailing time on Tuesday, January 20, 2026, at the Union County Emergency Management Bldg, 510 S. Mart Street, Morganfield, KY 42437, and then at said office publicly opened and read aloud.

A prebid conference will be held on Tuesday, January 13, 2026, at 1:00 PM, prevailing time, at the site of the Union County Expo Center, 125 Pryor Blvd, Sturgis, KY 42439. All bidders should plan on attending this meeting.

Copies of the bidding documents may be obtained from Maco-Evansville Blue, 600 Court Street, Evansville, IN 47708 (812-464-8108) or visiting their website macoplanroom.com.

A 5% Bid Security and 100% Performance and Payment Bond are required for this project.

The scoring of proposals is subject to reciprocal preference for Kentucky resident bidders and preferences for a Qualified Bidder. The Owner reserves the right to accept or reject any or all bids and/or waive any informalities in bids received where such acceptance, rejection, or waiver is considered to be in the best interest of the Owner.

1/14c

COMMONWEALTH OF KENTUCKY
UNION CIRCUIT COURT
CIVIL ACTION NO. 23-CI-00077

PLANET HOME LENDING, LLC

vs.

CHRISTOPHER TYLER ALLEN WILSON
AND UNION COUNTY

PLAINTIFF

NOTICE OF SALE

By virtue of a Judgment and Order of Sale rendered by the Union Circuit Court on the 28th DAY OF OCTOBER, 2025, I will on THURSDAY, JANUARY 15, 2026, 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: 9389 US Highway 60 West, Sturgis, Union County, Kentucky 42459

PVA No. / Map No.: 52A-10-03

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 5.1250% 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 24th day of November, 2025.

Stephen M. Arnett, Master Commissioner

1/14c

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Millions Of Retirees Likely To Outlive Retirement Savings

living their retirement savings.

The Seniorly report tabulated projected retirement income and

FOR SALE
6'9" x 9'8"

TRAILER

Wood Floor

Sides Detach To Be Used

As Ramps

Extra Set of Rims

\$800.00

Cash Only (As Is)

Great for hauling firewood, riding mower, or other small equipment

(270) 635-2041

Sebree, KY