



4-H Spring Events

March 27

Lincoln County Extension Office

Contests include birdfeeders, birdhouses, dairy posters, models, photography, résumés, scrapbooks, demonstrations, interactive exhibits and interviews. We will begin taking entries at 5:00 p.m.; all entries should be displayed and ready for judging by 6:00 p.m. Demonstrations, interactive exhibits and interviews will begin at 6:00 p.m.; county demonstration and interactive exhibit winners will attend the sub-regional event in May. Winners in each of the contest categories will receive the following cash prizes: 1st place - \$15; 2nd place - \$10; 3rd place - \$5; 4th place - \$3.

4-H DEMONSTRATIONS – (4th & 5th grades will compete together).

A demonstration is words in action. Demonstrations aren't difficult; you just tell how to do something by using action words such as cut, fold, stir, mix or saw. For example, you would say, "Fold the paper in half," as you actually fold the paper. Explain why you are doing each step, then review the steps and answer questions about them. Prepare a three – five minute presentation using visuals. To help prepare for the contest, please call the UT Extension Lincoln County Office at 433-1582 or e-mail downen1@tennessee.edu by March 25 to sign up for demonstrations; please include the project that you will be entering.

DEMONSTRATION & JR. HIGH INTERACTIVE TOPICS

Please choose one of the 4-H projects below as your demonstration or jr. high interactive exhibit topics:

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| Beef | Engineering/Safety Science | Nutrition, Health and Fitness |
| Citizenship | Entomology | Performing Arts |
| Clothing and Textiles | Food Science | Photography |
| Communication/Public Speaking | Forestry, Wildlife and Fisheries | Plant Science |
| Companion Animals (dogs, cats, or rabbits) | Goat | Poultry |
| Computer and Technology | Horse | Sheep |
| Consumer Education/Economics | Horticulture/Garden | Swine |
| Dairy | Leadership | Veterinary Science |
| Electric | Creative Arts and Design | STEM |
| Personal Development | Recreation | Entrepreneurship |
| Outdoor Education/Shooting Sports | | |



JR. HIGH INTERACTIVE EXHIBITS (6th, 7th & 8th Grades)

You must choose one of the 4-H projects listed above as the topic for your interactive exhibit. You should make a free standing exhibit similar to a science fair exhibit. You can find exhibit boards at many local stores and office supply centers. You will be given one to two minutes to present information related to your 4-H project exhibit; the judges will then have two minutes to ask you questions.

To help prepare for the contest, please call the UT Extension Lincoln County Office at 433-1582 or e-mail downen1@tennessee.edu by March 25 to sign up for interactive exhibits; please include the project that you will be entering.

SENIOR INTERVIEW CONTEST (9th thru 12th Grades)

Senior Level I (9th & 10th grades) - Level I members may present a résumé for the interview.

Senior Level II (11th & 12th grades) – Level II members may present a résumé for the interview.

The interview contest should help youth prepare for and develop self-confidence for later job interviews. Each participant will be giving two to five minutes to present their story. The judge will then ask questions about information revealed in the interview. Please call the UT Extension Lincoln County Office at 433-1582 or e-mail downen1@tennessee.edu by March 25 to sign up.



BIRDFEEDERS & BIRDHOUSES

Birdfeeders and birdhouses can be made from natural materials (wood, bark, etc.) or from recycled materials (drink bottles, aluminum cans, milk jugs, etc.) Do your own work. Both will be judged on usability and creativity. There will be three divisions for both birdfeeders and birdhouses: Unique – made from unique materials; Functional – made for birds to be able to use; Decorative – a non-functional, unusual design (not intended for birds to use). You may make one entry in each of the six categories.



MODELS

The five divisions are car, truck, air and water, other and recycled. Each person may enter one model in each of the five divisions.

PHOTOGRAPHY

Take your best snapshots. All of your photographs should have been made since the 2024 4-H Photography Contest. Remember to get close and be careful of the light in the background when taking outdoor photos. Select photographs that show some imagination! Photos must be 4"x6" matted or mounted on a 5"x7" board or mat. The top photo (6th – 12th grades) in each of the ten categories will be qualified to enter the state competition. All photos must be made by the 4-H member.

The photography categories are:

1. 4-H Event
2. Animal(s)
3. Agricultural (farm related)
4. Building(s)
5. Career
6. Landscape
7. Other
8. Person or People
9. Plant(s)
10. Seasonal Photo (any season)



SCRAPBOOKS

Putting together a scrapbook can be a fun activity and it can help get you involved in 4-H. Your scrapbook is a unique way to keep up with all of your 4-H event and activity participation. You can put anything relating to your 4-H project involvement in your scrapbook. Some things that you may want to include are photographs, pamphlets, handouts, newspaper articles, programs and ribbons. There will be four categories: 4th Grade, 5th Grade, 6th thru 8th Grades and 9th thru 12th Grades.

DAIRY POSTERS – There is only one category for 4th thru 12th grades.

The theme for the Dairy Poster is *"Dairy Defenders: Saving the world one glass at a time"* Remember that the dairy posters must be 14"x22".

RÉSUMÉS – There is only one category for 8th – 12th grades.



The purpose of developing a résumé is to help you review and reflect on your all of your 4-H experiences, to recognize the skills, knowledge and accomplishments that you have acquired and to learn to promote yourself as a result of these experiences. Your résumé will be something that you can use when completing applications for college admission, scholarships, internships and/or job interviews. You can go to the state 4-H website, to view a sample résumé:

[https://4h.tennessee.edu/wp-content/uploads/sites/47/2020/05/Pick-It-Apart2-Tennessee-4-H-](https://4h.tennessee.edu/wp-content/uploads/sites/47/2020/05/Pick-It-Apart2-Tennessee-4-H-Project-Portfolio-)

[Project-Portfolio-](#)