



4-H Happenings

Lincoln County Extension

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<https://extension.tennessee.edu/Lincoln>



Livestock Judging

Youth will evaluate classes of **beef cattle, swine, sheep, and meat goats** based on structure, muscle, volume, and other production traits. **Senior members** will also present oral reasons and answer questions on classes.

- **Practices Begin:** February 9 at 3:30 PM
- **Location:** 4-H Office
- **Grades:** 4th–12th
- **Regional Contest:** April 9 in Murfreesboro



Homeschool 4-H

The next Homeschool meeting will be **February 6** at the 4-H Office.

- **4th–6th Grade:** 9:30 AM
 - *Activity:* Demonstrations (4th–5th Grade)
- **7th–12th Grade:** 10:30 AM
 - *Activity:* Table Top Exhibits (6th–8th Grade)



Building Better Beef – Feeder Calf Show

- **Date:** February 6
- Show pens of **three steers or three heifers**
- Judged on **Frame and Muscle Scores**
- **Workshops will be offered for everyone**
- You do **not** have to participate in the pen show to attend workshops
- See attached schedule for full details

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

TN 4-H Chopped Competition – Grades 9–12

TN 4-H Chopped Competition is **LOOKING FOR YOU!**

The Tennessee 4-H Chopped Challenge gives 4-H'ers a fun and exciting way to show off their culinary creativity. Each team receives a **mystery ingredient** that must be the focus of their dish and may select additional items from a shared food pantry. This competition builds skills in **nutrition, food safety, teamwork, and communication.**

- **Competition Date:** Saturday, March 21, 2026
- **Teams of four (4)**
- **45 minutes** to prepare a dish
- Teams will present their dish to a panel of judges

Awards Given For:

- 1st, 2nd, and 3rd Place
- Most Creative Team Name
- Best Dressed Team

✦ **RSVP by January 29** with Allison Heffington aheffing@utk.edu to be placed on a team

⚠ *We can have up to two teams*

Shooting Sports

Building skills, focus, and responsibility while having fun!
4-H Shooting Sports opportunities coming soon!

Shotgun

An interest meeting will be announced soon.

 Watch the **UT Extension Lincoln County Facebook page** for updates.

 Contact: Debra Elliott

- Phone: 931-433-1582
- Email: dellio26@utk.edu

Rifle & Air Rifle

If interested, contact **Patrick Dye** at **256-656-9691**.

Chick Chain

4-H members participating in the **Chick Chain** project will receive **12 or 25 baby chicks** in April and return **3 or 6 birds** in the fall for the **4-H Poultry Show & Sale**.

- **Application Deadline:** March 1 (or until all spots are filled)
 - Apply online:
<https://lincoln.tennessee.edu/4-h-youth-development/>
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4-H Project Portfolios

Project Portfolios teach 4-H members how to **set goals, plan, prioritize, reflect, and evaluate** their progress. Members also learn how to market themselves, prepare a résumé, and complete a 4-H Project Interview—skills essential for jobs, college, and life success.

A Project Portfolio is a record of a 4-H member's work in a specific project area. Outstanding portfolios can earn trips to:

- Junior High Academic Conference
- State 4-H Congress
- Tennessee 4-H Roundup
- National 4-H Congress

Portfolio Due Dates:

- **January 30** – Senior Portfolios
 - **April 1** – Junior High Portfolios
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4-H Clover Bowl – Grades 4–8

Clover Bowl is a **quiz bowl-style contest** that helps youth gain knowledge in **4-H, Agriculture, Life Skills, Science, Government, and Tennessee history**.

How it works:

- Form a **team of four** students in the same grade (4th–8th) from Lincoln County
- Ask a teacher or parent/guardian to help your team practice
- Study the Clover Bowl manual for your grade
- Compete in the **county contest in the spring**
- **1st place county teams** advance to the **Central Region Clover Bowl** at Tennessee Tech University in Cookeville in May

📌 RSVP by February 13, 2026 with Allison Heffington aheffing@utk.edu

National Cornbread Festival 4-H Cook-Off

It's cornbread time in Tennessee!

4-H members in **grades 4–6** may submit a recipe for the **29th Annual National Cornbread Festival 4-H Cook-Off**, sponsored by **Lodge Cast Iron**.

- **Recipe Deadline:** February 27, 2026
- Top 10 recipes announced in early March
- Live competition: **Sunday, April 26, 2026**

 Call or email the 4-H Office for entry forms

Tennessee Sportfishing Program

Open to 4-H members in **grades 4–12**.

- Fish at your **own location**
- Junior & Senior High divisions
- Species: Bass, Catfish, Panfish, Trout
- Free Check-It Stick and FishDonkey App access with registration
- Upload photos, track the leaderboard, and win prizes

 **Registration Fee:** \$50

 Register with Debra Elliott at dellio26@utk.edu

Calendar of Events

- **Jan. 22** – Area Public Speaking Contest
- **Jan. 30** – Senior Portfolios Due
- **Jan. 30** – Awards Banquet
- **Feb. 7** – State Livestock Quiz Bowl
- **Feb. 7** – Regional Public Speaking Contest
- **Feb. 9** – Livestock Judging Practice Begins
- **Feb. 6** – Homeschool Meeting
- **Feb. 16** – Building Better Beef Feeder Calf Show
- **Mar. 6** – Homeschool Meeting
- **Mar. 7–11** – 4-H Congress (Grades 9–10)
- **April 1** – Junior High Portfolios Due

