

# Hardin County 4-H



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



## NEWSLETTER

### MAY 2023



Cooperative Extension Service  
Hardin County  
111 Opportunity Way  
Elizabethtown, KY 42701  
(270) 765-4121  
Fax: (270) 769-0426  
hardin.ca.uky.edu

SAVE  
THE  
DATE



4-H

# summer camp

# block party



**Wednesday, May 31**  
**5:00 - 8:00 P.M.**

**Kick off your  
Summer with 4-H!**

### Activities:

- Fun Games
- Fire Pit
- Hot Dogs
- Camp Songs
- Dances
- and more!!!

Hardin County Extension Office  
111 Opportunity Way  
Elizabethtown, KY 42701

**WATCH FACEBOOK FOR  
MORE INFORMATION**



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# LAST CALL!



For ages 9-14!  
Registration forms available at the  
Hardin County Extension Office.

## KENTUCKY 4-H PRESENTS SUMMER CAMP 2023 TIME WARP

JULY 17-21, 2023

West Kentucky 4-H Camp  
Dawson Springs, KY



CAMPER REGISTRATION FORMS ALONG  
WITH CAMP FEE OF \$175 DUE:  
**MAY 15, 2023**

**TEEN LEADERS NEEDED!**  
MUST BE AGES 16-17 TO APPLY.  
TEEN LEADERS FEE- \$100

**4-H CAMPER ORIENTATION**  
June 21 - Boys / June 22 - Girls  
5:00 - 6:00 p.m.



**VERY LIMITED SPOTS REMAINING**  
**FIRST COME - FIRST SERVE BASIS**  
**NO REFUNDS AFTER MAY 1**



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# WEST KY CLOVERBUD CAMP

*June 30 - July 2, 2023*

DAWSON SPRINGS, KY

**\$135 CLOVERBUD (5-8 YRS OLD)**

**\$125 ADULTS/TEENS (16 & OLDER)**

## CLASSES:

COOKING  
CANOEING  
CRAFTS  
FISHING

LOW ROPES  
NATURE  
RECREATION  
SWIMMING

**REGISTER AT THE HARDIN COUNTY EXTENSION OFFICE BY  
WEDNESDAY, MAY 17, 2023**

**ADULT(S) MUST HAVE A BACKGROUND CHECK WITH COUNTY  
EXTENSION OFFICE**

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# CLOVERBUD DAY CAMP

Monday, June 26 / 9am - 2pm  
111 Opportunity Way



Limit 25 youth ages 5-8, Parents are welcome to stay but not required. Deadline to register is June 20 call 270.765.4121  
For Questions email [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)

**Cost \$5 Lunch provided**

✂ Arts & Craft

🎲 Games

🌱 Gardening

👨‍🍳 Cooking

Cooperative Extension Service  
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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Standard program of Kentucky Cooperative Extension serves all people regardless of economic or social status and all individuals in the target audience. Who cannot reach resources through other public or private efforts. Gender identity, gender expression, gender role, sexual orientation, race, ethnicity, genetic information, age, marital status, or program or project is available regardless of ability. Contact: State University of Kentucky, Department of Agriculture, and Kentucky Cooperative Extension, LEXINGTON, KY 40546



## Important information for livestock exhibitors and families



Exhibitor will order their own tags and complete their own validation forms:

[kystatefair.org/participate/submit-dna/](http://kystatefair.org/participate/submit-dna/)

### Important Dates:

**FEBRUARY 1, 2023-** Market Cattle Tag Order form opens

**MARCH 3, 2023** – Market Cattle Co- Tagging request deadline This only applies to exhibitors who are NOT siblings and are completing the Co Tagging Waiver Form

March 10, 2023 – Market Cattle Tag Order Deadline

March 24, 2023 – Market Cattle Validation Form Deadline

March 24, 2023 – Market Cattle DNA envelopes must be in-hand of the Kentucky State Fair by end of business day 3/24/2023 OR postmarked 3/24/2023. **NO EXCEPTIONS.**

**APRIL 1, 2023** – Market Lamb, Goat, Hog Tag Order Form Opens

**MAY 5, 2023** – Market Lamb, Goat, Hog Co-Tagging request deadline. This only applies to exhibitors who are NOT siblings and are completing the Co Tagging Waiver Form

May 12, 2023 – Market Lamb, Goat, Hog Tag Order Deadline

May 24, 2023 – Market Lamb, Goat, Hog Validation Form Deadline

May 24, 2023 – Market Lamb, Goat, Hog DNA Envelopes must be in-hand of Kentucky State Fair by end of business day 5/24/2023 OR postmarked by 5/24/2023. **NO EXCEPTION.**

Contact Jocelyn Kemp  
[jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)



SAVE THE DATE!!

# Craft Fair Project Days

Arts, Crafts, Baking, and Home environment  
June 20, June 28, July 6

Sponsored by  
FCS and 4-H

Watch for more info to follow!  
Hardin County  
Extension Office



Saunders Springs  
Nature Preserves

Hardin 4-H NR-Env Camp 2023

Freeman Lake  
Park

ENVIRONMENTAL DAY CAMP



SPOTS ARE  
LIMITED?

**COST: \$20**

TO REGISTER CONTACT  
Sue Ann McCandless

[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu) / 270-765-4121

**HARDIN COUNTY  
4-H FAIR 5H**

**Saturday, July 15th  
7:30 A.M.**

**Hardin County Fairgrounds  
Glendale, KY**

**Sign-Up Now**

Scan me!

University of Kentucky  
College of Agriculture,  
Food and Environment

KENTUCKY STATE UNIVERSITY  
College of Agriculture,  
Community, and the Sciences

**Junotos**  
FOR A BETTER EDUCATION | PARA UNA MEJOR EDUCACIÓN

**4-H Summer Academy**  
July 20-22, 2023 at  
the University of  
Kentucky

Explore your spark! Horse science,  
expressive arts, industrial arts.  
Attend leadership workshops and  
tour campus. Join us!

Price: \$90 (scholarships  
available)  
Registration  
Deadline: June 26, 2023  
Contact  
jocelyn.kemp@uky.edu  
or (270)765-4121 for  
more information!

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Kentucky State University U.S. Department of Agriculture, and Kentucky, Kentucky Cooperative  
LEXINGTON, KY 40546

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with prior notification.

**KENTUCKY  
4-H TEEN CONFERENCE**

JUNE 13-16  
2023  
AT UNIVERSITY  
OF  
KENTUCKY

#CELEBRATEKY4H

EDUCATIONAL  
MAJORS  
&  
LEADERSHIP  
MINORS

COMMUNITY  
SERVICE

- CLOVERFEST
- DANCE
- FASHION REVIEW
- PERFORMING  
ARTS SHOWCASE

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KENTUCKY STATE UNIVERSITY U.S. DEPARTMENT OF AGRICULTURE AND KENTUCKY COOPERATIVE EXTENSION  
LEXINGTON, KY 40546

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**Join us for Kentucky 4-H Teen Conference  
June 13-16 at the University of Kentucky!**

- Any youth 9th-12th grade
- Experience college life by living on campus, attending educational majors based on your interests.
- Complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, and make new friends across Kentucky.
- Registration Fee is \$100. Applications coming soon! #celebrateky4h



# CONGRATULATIONS

## COUNTY SPEECH & DEMONSTRATION CONTEST RESULTS

### DEMONSTRATIONS:

Ava Moses (Age 10) - How to Crochet—Blue  
Ransom Carter (Age 12) - Bee Equipment - Blue  
AdyMae Williams—(Age 15) - Rabbit Showmanship—Blue

### SPEECHES:

Bella Meredith (Age 9) - “History of Country Ham” - Red  
Sylar Douglass (Age 10) - “History of Country Ham” - Blue  
Gage Snook (Age 10) - “History of Country Ham “ - Red  
Ransom Carter (Age 12) - “History of Country Ham” - Blue  
Jaide Dunkelberger (Age 12) - “History of Country Ham” - Blue  
Theron Street (Age 12) - “History of Country Ham” - Red  
Karissa Street (Age 13) - “History of Country Ham” - White  
Maggie Stuecker (Age 14) - “History of Country Ham” - Blue  
Annaleigh Dunkelberger (Age 14) - “Pests of Country Ham” - Red  
AdyMae Williams (Age 15) - “Pests of Country Ham” - Red  
Nora Kubat (Age 15) - “Beef Marketing” - Blue  
Faith Miles (Age 15) - “Pests of Country Hamp” - Red  
Alyssa Skees (Age 16) - “Pests of Country Ham” - Blue

*Good Luck to those advancing to the Area Contest on May 9th!*

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## STATE WRITTEN COMMUNICATION CONTEST RESULTS

Eliza Hodgens - Jr. Essay - Blue  
Zachary Milburn - Jr. Original Monologue - Red  
Guilianna Milburn - Jr. Poetry - Blue  
Annabel Yarley - Jr. Poetry - Blue  
Payten Hunt - Jr. Songwriting - Blue  
Kinsley Neuman - Jr. Songwriting—Blue  
AdyMae Williams - Sr. Essay - Blue / Sr. Poetry—Blue

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## 2023 ACHIEVEMENT AWARDS

**CLOVER LEVEL 1** -Theron Street

**CLOVER LEVEL 2** – Jaide Dunkelberger, Karissa Street, Ransom Carter

**CLOVER LEVEL 3** – Adelynn Bunnell, Annaleigh Dunkelberger, Danica Street

**BRONZE** – AdyMae Williams, Clayton Thomas

**GOLD** – Kayleigh Thomas

# WHAT'S BEEN HAPPENING IN 4-H



**Progressive Ag Safety Day**



**4-H Porch Gardening**



**4-H Hippology**



**4-H Meet the Peeps**



**4-H Livestock Club**



**4-H Horse Camp**



# GROWING YOUR OWN VICTORY GARDEN



Kentucky Department of Agriculture  
Royal E. Quisenberry, Commissioner



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



Kentucky State University

## BENEFITS TO GROWING A GARDEN:

- Supplement grocery shopping; potentially lowering monthly cost
- Increases physical activity
- Improves self esteem
- Reduces stress
- Is known to increase happiness
- Helps increase good sleep

### FAMILY OF 4: 150 SQ. FEET:

5 tomato plants



3 pepper plants



20 potatoes



2 hills summer squash

10 feet of lettuce plants



15 inches of beans



### FAMILY OF 2: 150 SQ. FEET:

bush beans: 2 plants  
per 2 gallon



tomato: 1 plant  
per 5 gallon



pepper: 1 plant  
per 2 gallon



zucchini: 1 plant  
per 5 gallon



lettuce: 4 plants  
per 2 gallon



### TYPES OF CONTAINERS:

Pots:

- Terracotta pots, other clays, plastics, ceramic, wood, bamboo, rubber, cement, metal
- Recycle or Upcycle materials

### TYPES OF RAISED BEDS:

- Locally available and purchased woods slow to decay
- Recycled plastics, composite decking, vinyl
- Stone, bricks/blocks, poured concrete
- Mounded earth

### WATER

#### Raised beds:

- at least 1 to 1½ inch per week

#### Containers:

- every 1-2 days during summer

### SOIL

#### Raised Beds:

- Good garden soil amended with 10-25% organic matter (compost, composted manure)

#### Containers:

- 1 part good garden soil
- 1 part organic matter (peat, compost, composted manure)
- 1 part porous material (vermiculite or perlite)

**CONTACT HARDIN COUNTY EXTENSION OFFICE FOR MORE INFORMATION ON GARDENING.**

[www.plantatmove.com](http://www.plantatmove.com)

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# YOUTH



College of Agriculture,  
Food and Environmental  
Sciences  
Cooperative Extension Service

# HEALTH BULLETIN



MAY 2023

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

Hardin County  
Extension Office  
111 Opportunity Way  
Elizabethtown, KY  
42701  
270-765-4121

## THIS MONTH'S TOPIC: MENTAL HEALTH MATTERS!

**GOOD TALK**  
ALWAYS  
MAKES ME  
**BETTER!**



The first week in May is Children's Mental Health Awareness Week in the United States. What is mental health? You may have heard these words before and wondered what they meant. Mental health is how your brain turns your thoughts into feelings and actions. As you grow, you experience many new things. Sometimes, those things are great, wonderful, and exciting! Other times, they can be scary, worrisome, or upsetting. All people have emotions. No emotion is bad or wrong to feel. However, we have to learn how to deal with our emotions. We have to learn how to express our feelings in a way that helps us feel better without hurting someone else. How we process our emotions is part of our mental health.

Continued on the next page



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with prior notification.

*Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!*

Continued from the previous page

Can you think of a time when you had BIG feelings, and were not sure how to handle them? It people end up in a similar situation at the point. There are things you can do when have big feelings to help you feel better.

### Label your feelings

When you start to feel too much all at once, to stop and think about all of the ways you . Labeling our emotions helps us to deal them. For example, you may feel both y and sad at the same time. That is OK!



**SHEESH...**  
WHAT A DAY  
I'VE HAD,  
CAN WE  
**TALK?**

### Talk about your feelings

A lot of times, telling someone about how we feel and why can help us to feel better. Grow-ups such as your parents, teacher, caregivers, or coaches can be a great resource to talk to about your feelings. If you are having a hard time figuring out how you feel or knowing how to deal with difficult feelings, your doctor might be able to help. Just like other parts of your body, they are trained to help your brain feel better, too!

How you think, feel, and act are all important parts of your mental health! Just like you are learning how to identify and respond to your feelings, so are your friends, siblings, and classmates. You can be a help to others when they are having a difficult time with their feelings by being kind, understanding that everyone has hard days, and pointing them to a grown-up who can help, if needed.

REFERENCES:  
<http://k12deval.th.org/en/Video/talk-feelings.html>

### Identify a cause

Next think about why you feel that way. Was there a reason you started to feel a certain emotion? To connect a reason to each of the emotions you feel, it is OK if you can't. Sometimes our brains get confusing messages, and you may need to figure out why you feel a certain way.



## ADULT HEALTH BULLETIN

Written by:  
Katherine Juy, MS  
Edited by: Alysa Simms  
Designed by: Susy Marseau  
Cartoon Illustrations by:  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)



# HARDIN COUNTY FAIR

**JULY 10-15, 2023**



- **FRIDAY, JULY 7** (10-2 pm) Project Entry (Non- perishable)
- **MONDAY, JULY 10** ( 10- 1 pm) Project Entry ( **ONLY** Perishable items) - **ONLY Horticulture, Foods, and Crops**
- **SUNDAY, JULY 16** ( 12:30-1:30 pm) - Project Exhibit Pickup

Hello Hardin County 4-H Families!

The end of the school year is quickly approaching, and summer is a busy time for 4-H all across the state of Kentucky. We hope that you are planning to join us for some fun activities and adventures this summer! Make sure that you are watching your email and our Facebook page listed under Hardin County Cooperative Extension Service to stay informed.

We hope that you have had a great end to your 2022-2023 school year, hang in there... it's almost finished!

Sincerely,

*Jocelyn Kemp* *Sue Ann McCandless*

Jocelyn Kemp & Sue Ann McCandless  
Hardin County Extension Agents  
For 4-H Youth Development Education  
[jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



**OFFICE CLOSED**  
**MEMORIAL DAY**  
**MONDAY, MAY 29, 2023**



# May 2023 Upcoming Events

1

## BEGINNER & ADVANCED SEWING

May 1, 8, 15, 22 - 4:00 - 6:00 p.m.- Extension Office  
**Must have pre-registered.**

2

## BEEKEEPING CLUB

Hardin County Extension Office - 5:00 P.M.  
Contact Sue Ann McCandless -  
sue.ann.mccandless@uky.edu

4

## FEATHERS AND FLUFF

4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office  
Contact Jordan Olson - jordanandlace@hotmail.com

8

## TRAILBLAZERS HORSE CLUB

4-H HORSE CLUB MEETING - 6:30 P.M.- Extension Office  
Contact Christy Douglass -standingoakranch@gmail.com

8

## PAWS DOG CLUB

4-H DOG CLUB MEETING - 6:00 P.M. - Extension Office  
Contact Rebecca Otjen - Otjen4@icoud.com or  
Mary Tiepen - troymary7867@att.net

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## LIVESTOCK CLUB

4-H LIVESTOCK CLUB MEETING - 6:30 P.M.  
Contact Teresa Shumate - sorryfarm@gmail.com or  
Shaune Williams - shaune.williams@hardin.kyschools.us

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## TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.  
Contact Leann Davidson - leannandavidson22@gmail.com

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## 4-H CLOVERBUDS CLUB

Cloverbuds Club Meeting - 10:00 A.M. - Extension Office  
**Must have pre-registered.**

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## OFFICE CLOSED - MEMORIAL DAY



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**HARDIN COUNTY COOPERATIVE EXTENSION OFFICE**  
111 OPPORTUNITY WAY  
ELIZABETHTOWN, KY 42701  
PHONE: 270 - 765-4121

**SUE ANN MCCANDLESS**  
County Extension Agent for 4-H/Youth Development

**JOCELYN KEMP**  
County Extension Agent for 4-H/Youth Development

**STEPHANIE MEREDITH**  
4-H Program Assistant

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LEXINGTON, KY 40546



# June 2023 Upcoming Events

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Shaune Williams - shaune.williams@hardin.kyschools.us

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## CRAFT FAIR PROJECT DAYS

JUNE 20 - 1-4 P.M., 28- 9-12 PM & JULY 6 - 9-12 PM  
Extension Office - LIMIT 20 - **Must have pre-registered.**

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## OFFICE CLOSED - JUNETEENTH



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