

# Hardin County 4-H

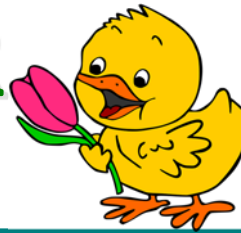


University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



## NEWSLETTER

### MARCH 2023



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

*Hardin County*  *Thanks YOU!*



**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 IN YOUR COUNTY.

**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.

Visit the Hardin County Clerk at 150 N. Provident Way #103 E'town, KY 42701 to renew your license plate in March.




Hi Hardin County!

We have so much to look forward to in the coming months. We have had lots of events that have begun the planning stages. One in particular is our Summer Camp! This is a fantastic program that all youth from Hardin County can enjoy together, you don't even have to be a prior 4-H member to attend Summer Camp! Some things to look forward to at Camp are archery, swim lessons, fishing, low ropes, nature education, the list goes on! Camp this year is from **July 17<sup>th</sup>-21<sup>st</sup>** at **West Kentucky 4-H Camp** in Dawson Springs, KY. We have a new lower price per camper and anticipate filling all of our camper spots, so don't delay in registering, we would love to have you! Most of our clubs are really gearing up to present their 4-H projects at the County Fair this summer as well. They have been hard at work and will have so much to show for it, we are excited for them all! If you have been interested in joining a club, do not hesitate to contact us. We look forward to another successful month with our 4-H and Hardin County community and are ready to transition into Spring.

Sincerely,

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



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.





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



**NEW LOWER  
PRICE**  
**\$175**  
Registration  
Fee

**CAMPER REGISTRATION FORMS  
ALONG WITH \$100 DEPOSIT DUE:**

**MAY 15, 2023**

**PAYMENT PLANS AVAILABLE  
(TOTAL BALANCE DUE BY JUNE 2)**

Limited Scholarships are available.  
Scholarship Applications due  
**April 3, 2023.**

**TEEN LEADERS NEEDED!**

Teen Leader Applications Due  
**APRIL 3, 2023**

**MUST BE AGES 15-17 TO APPLY.**  
CIT'S \$175 / TEEN LEADERS - \$100

**ADULT LEADERS NEEDED!**

**ADULT LEADERS (18+) - FREE (upon approval)**  
along with (1) camper **FREE.**



Save the Date!

**CLOVERBUD  
SUMMER CAMP!**



**Start: June 30**  
**End: July 2**

Stay tuned for more  
information....

Registration is not open yet,  
information will be provided as soon  
as 4-H agents receive it.

**SAVE THE DATE**



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development

**Bluegrass 4-H Horse Camp**  
**April 27-30 - Central KY Ag**

**Expo**

Riding Styles:  
Western Pleasure,  
Ranch, Speed, Mini,  
Hunter, WRM, &  
Horseless



**NEON RODEO**

Registration fee: \$100/Youth \$25/ Adult  
Arrival Thursday pm / Sunday - Horse Show/Clinic  
Nightly activities: Bonfire & Glowsticks, Parade of Counties, &  
Stall Decorating Contest



**Classes: Safety, Nutrition, Riding, Feeding, BCS**  
Full Schedule to be announced later Ages: 9-18



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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.



Qualified  
accommodated  
with prior notification.

LEXINGTON, KY 40546

# SPEECH & DEMONSTRATIONS



Now is the time to begin working on speeches and/or demonstrations for the 2023 Hardin County Speech & Demonstrations Contest.

You must pre-register by Monday, April 10th by calling the Extension Office at (270) 765-4121 with NAME, TITLE OF SPEECH/DEMO, and DATE OF BIRTH. No late registrations will be accepted. To receive a copy of the complete rules, stop by the Extension Office at 111 Opportunity Way in Elizabethtown.

Monday, April 17th  
5:00 - 7:00 p.m.



For more information contact:  
Sue Ann McCandless  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)

CALL TODAY TO RESERVE YOUR  
SPEECH/DEMONSTRATION  
TIME!!!  
(270) 765-4121



## ATTENTION 4-H COUNTRY HAM PARTICIPANTS

REGISTER TODAY!

I hope you have already been working on your speech for the upcoming contest, if not, now is the time! All country ham participants are required to participate in the speech contest.

### THE TOPICS FOR 2023 ARE:

**JUNIORS** (birth year 2009-2013) - *"Discuss the history of country ham"*

**SENIORS** (birth year 2004 - 2008) - *"Discuss the pests that infest country hams and how to control them"*

This is an opportunity for 4-Hers to describe personal experiences and what they have learned from the project. Granted, the topics may be broad, this will allow for speeches to be more personal.

The time requirement for speeches is 3 to 5 minutes. You need to time your speech to make sure it meets the guidelines. Once you reach the state level contest, if minimum time requirements are not met, you will be disqualified.



# 4-H NATURAL RESOURCES AND ENVIRONMENTAL SCIENCES ACADEMY



## What is the NRESci Academy?

The NRESci Academy is a three-year program designed to teach youth about their natural environment. In the program, scholars participate in hands-on investigations to learn about Kentucky's water, forest and wildlife resources.

## When is the NRESci Academy?

The Academy is a three-year commitment, and meets quarterly each year. Scholars attend a three-day residential retreat at Feltner 4-H Camp in September and participate in three 1-day events held in winter, spring, and summer.

## What will we do as part of the NRESci Academy?

Each year of the program, scholars concentrate on a different core area (water, entomology, forestry, wildlife) and interact with experts in each of these disciplines. Scholars participate in a variety of field exercises, including stream sampling, forest measurement data collection, wildlife observation and trapping, insect collection and identification, and much more. Scholars also have the opportunity to visit natural areas through the Commonwealth, such as Lost River Care, Salato Wildlife Education Center, Minor E. Clark Fish Hatchery, Pine Mountain Settlement School, Robinson Forest, University of Kentucky's campus, and more!

## Who Can Apply?

Applicants MUST BE in 5th Grade at the time of the application. The program will their 6th Grade year. If selected, you must agree to make a three-year commitment to the program.

## Is there a fee?

The registration fee is \$175/year. The fee includes lodging, meals and educational programming costs.

## FOR MORE INFORMATION CONTACT:

Sue Ann McCandless  
sue.ann.mccandless@uky.edu  
(270) 765-4121

**ONLY  
2 SPOTS  
AVAILABLE**  
First come -first served

**REGISTRATION  
DEADLINE  
APRIL 14, 2023**



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



4-H Youth Development



University of Kentucky  
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Cooperative Extension Service  
4-H Youth Development

# Beginner Crocheting

APRIL 5, 12, 19, 26  
WEDNESDAY 5-6 PM  
AGES 9-18

*Come learn in fun environment led by 4-H Member Ava. She has a passion for crochet animals and wants teach you how to make your very own. We will provide crochet hooks and yarn, but you are welcome to bring your own.*

CLASS SIZE IS LIMITED TO 12  
REGISTRATION IS REQUIRED  
PLEASE CALL OFFICE OR SCAN CODE



HARDIN COUNTY COOPERATIVE  
EXTENSION OFFICE  
111 OPPORTUNITY WAY  
ELIZABETHTOWN, KY  
270.765.4121



## 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 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)



## Do You Want to be a STATE 4-H OFFICER?



Lucas Arnold, Vice President; Katherine Zimmerman, Secretary; Magalee Blazina, President; Kiersten Foit, Reporter; Lance Munday, Treasurer.



2022 - 2023 KENTUCKY  
4-H STATE OFFICERS

### REQUIREMENTS TO APPLY

- 16-18 years old
- Member in good standing
- Candidates entering post-secondary education must attend an institution in Kentucky
- Must have earned at least Bronze in Ky Achievement
- Must possess the following qualities: respectable, inclusive, committed, organized and dependable.

Applications and all additional required documentation are due by April 7th.  
Initial dates of commitment (additional dates will also be required): April 27, April 28, June 12, June 13-16, July 8, August 7, August 13-August 27, September 15-17

FOR MORE INFORMATION CONTACT:

JOCELYN KEMP - [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu) OR SUE ANN McCANDLESS - [sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)

CONGRATULATIONS!

## HARDIN COUNTY 4-H LIVESTOCK SKILLATHON TEAM



From L to R: Ellie M., Brian K., Ava K., Nora K., Alyssa S., Ava M., Karissa S., Theron S., and Atcher G.

TOP 20 JUNIOR INDIVIDUAL OVERALL- AVA M.

2ND PLACE IN 9-10 YEAR OLD DIVISION- AVA M.



THANK YOU FOR ALL YOUR HARDWORK SKILL-A-THON TEAM!





Woodland Elementary School Club



# 4-H Fun



4-H Cooking Series



4-H Shooting Sports



4-H Beekeeping Club



## AREA TEEN MEETING

Monday, March 27 – 6:00 p.m. ET  
Grayson Co. Extension Office

OPEN TO 7TH-12TH GRADE 4-HERS

PRE-REGISTRATION REQUIRED.  
If you need transportation, please let Sue Ann know by Monday, March 20th.

Depart from the Hardin County Extension Office at 4:45 p.m. Bring spending money to stop for dinner at a fast food restaurant on the way.



[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



270-979-9107



# DIY Popcorn Bar

Servings: 7    Serving Size: 2 cups

## INGREDIENTS:

- 2 tablespoons vegetable oil
- ½ cup popcorn kernels
- 2 tablespoons melted butter
- Dash of salt

## DIRECTIONS:

- Preheat a large (at least 14 cups) nonstick pot with a tight-fitting lid over medium-high heat for two minutes. Open the lid, and add a few drops of water to the pot. If they immediately sizzle, reduce the heat to slightly above low.
- Add the oil and popcorn kernels, and immediately replace the lid.
- Gently shake the pot every few seconds. The popcorn kernels will start popping within a few minutes. Continue to gently shake the pot every few seconds while the popcorn pops.
- The popcorn is done when at least three seconds lapse between kernel pops.
- Immediately remove the pot from the heat, pour the melted butter over the popcorn and sprinkle the salt on top. Toss to coat.
- Divide hot popcorn into individual cups or bags and provide a variety of flavorings to create a unique flavor.
- For fun, set up a flavor station using some of the ideas below. Start with a sprinkle or drizzle of flavoring, adding more until the desired taste is achieved.

## FLAVOR STATION IDEAS:

- Chili powder
- Mini chocolate chips
- Parmesan cheese
- Pizza (Mix 1/2 cup dried parmesan 1 tsp garlic powder and 1 tsp dried oregano)
- Parmesan cheese and garlic (Mix 1/2 cup grated parmesan with 1 tsp garlic)
- Cinnamon and sugar (Mix 2 tbsp of sugar and 2 tbsp cinnamon)
- Cool ranch (Mix 2 tbsp powdered buttermilk, 2 tbsp black pepper and 2 tspns dried dill weed)
- Barbeque (Mix 1 tbsp cumin, 1 tbsp paprika, 1 tbsp garlic, 1 tbsp chili powder and 1 tbsps barbecue sauce)
- Peanut butter (Heat 1/4 cup honey with ½ cup peanut butter and ½ tsp each vanilla extract)
- Taco (Mix 1 tbsp chili powder, 1 tsp ground cumin, 1 tsp garlic powder, 1 tsp paprika, 1/2 tsp oregano, 1/2 tsp onion powder, 1/4 tsp black pepper)
- Dill Pickle (Mix 2 tsp ground coriander, 2 tsp dried dill, 1/2 tsp ground mustard, 1/2 tsp garlic powder, 1/2 tsp onion powder and 1/2 tsp celery seed)

**TIPS - A hot air popper can also be used to pop popcorn. After popping popcorn according to appliance direc-**

calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 10mg sodium; total carbohydrate 15g; 4g dietary fiber; 1g total sugars; 0g added sugars; 2g protein; 0% Daily Value of vitamin d; 0% Daily Value of calcium; 6% Daily Value of iron; 0% Daily Value of potassium.





# HEALTH BULLETIN



**MARCH 2023**

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

Hardin County Extension Office  
111 Opportunity Way  
Elkabethtown, KY 42701  
(270) 755-4121

## THIS MONTH'S TOPIC: ALL ABOUT ALLERGIES

Imagine that, the doctor says I'm allergic to **DOGS**.



Continued on the next page ➔

*Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor.*

➔ Continued from the previous page

with allergies is your body's way of trying to get rid of the things that it thinks are dangerous for you.

The things that cause allergies (grass, pollen, foods, pet byproducts, insects, etc.) are called allergens. When you notice that you have a reaction to the same thing more than once, it can be a sign that you are allergic to that thing.

**Different people can be allergic to different things, but some things that a lot of people are allergic to are:**

- **Dust mites:** tiny insects that live in dust
- **Pets:** dander (dry skin), saliva (spit), urine (pee), or other things from animals
- **Pollen:** the fine dust from plants like grass, flowers, or trees
- **Mold or mildew:** small living things that grow in damp places
- **Foods:** such as milk, wheat, soy, eggs, nuts, seafood, and peanuts
- **Latex:** stretchy stuff that makes some of the gloves doctors and dentists use

Allergens can cause a runny nose, itchy eyes and ears, sneezing, or a sore throat. Other items on the list, such as foods, can cause hives or a rash, stomach cramps, throwing



up, or diarrhea. Rarely, allergens can cause breathing problems like wheezing or asthma.

Some allergens, such as foods, are a problem all year long. Others might bother people only during certain times of the year. These are called seasonal allergies. For example, you might be allergic to pollen from trees, which is in the air only in the spring. Seasonal allergies happen a lot in places like Kentucky.

If you have symptoms of allergies, a doctor can help you feel better by figuring out what you are allergic to. Then, the doctor can help you and your parents come up with a plan to avoid certain things (if you are allergic to a food or animal, for example). Or they can give you medicine to take to help with your symptoms.

Allergies are no fun, and a lot of people have them. If you have allergies, talk to your parents or doctor about how to make them feel better. If you have a friend with allergies, you can help them stay away from things that they are not supposed to be around to keep them feeling good.

**REFERENCE:**  
<https://kidshealth.org/en/adoles/igias.html>

**ADULT  
HEALTH BULLETIN**

Written by:  
Katherine Jurek, MS  
Edited by: Alyssa Simms  
Designed by: Raley Maresau  
Cartoon Illustrations by:  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)

Cooperating Extension Services  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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# HARDIN COUNTY FAIR

JULY 10-15, 2023



## STEP 1 DiViSiOn

- Horticulture:
- Crops, Forestry:
- Electric:
- Entomology:
- Geology:
- Arts & Crafts:
- Photography:
- Sewing:
- Needlework:
- Foods:
- Home Envmt:
- Con/ Fin ED:
- leadership/ comm:
- Trends/Tradition:

Think about what project divisions you'd like to enter.

## It's a FAIR Plan!

### STEP 2

List class numbers and descriptions for specific projects you plan to enter

Class:	Description:

### STEP 3

**Double check those requirements**

Does your project need to be a certain size, demonstrate a specific skill, require any additional documentaion or statements.

ie..Folder, pictures, artist statement, able to hang

### STEP 4

Pick up entry forms and tags at the at the extension office. If you have more than 5 items make sure all exhibits are pre-tagged with completed labels.

Entry Day Friday July 9th at Hardin County Fairgrounds from 10am-2pm

Foods, Crops, & Horticulture on Monday July 10th 10am-1pm



Celtic emerald green Ireland leprechaun music orange parade rainbow songs



### SPRING CROSSWORD







# March 2023 Upcoming Events

1

## 4-H ROBOTICS CLUB

Hardin County Extension Office - 5:30 P.M.  
March 1, 8, 15, 22, 29  
Contact Stephanie Meredith - smeredith@uky.edu

2

## FEATHERS AND FLUFF

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

6

## BEGINNER & ADVANCED SEWING

January 6, 13, 20, 27 - 4:00 - 6:00 p.m.- Extension Office  
**Must have pre-registered.**

7/9

## BEEKEEPING CLUB

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

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## TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.  
Contact Leann Davidson - leanndavidson22@gmail.com

13

## 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

13

## TRAILBLAZERS HORSE CLUB

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

14

## 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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## 4-H CLOVERBUDS CLUB

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



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111 OPPORTUNITY WAY  
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STEPHANIE MEREDITH  
4-H Program Assistant

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LEXINGTON, KY 40546



# April 2023 Upcoming Events

3

## 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

3

## BEGINNER & ADVANCED SEWING

April 3, 10, 17, 24 - 4:00- 6:00 p.m.- Extension Office  
**Must have pre-registered.**

4

## BEEKEEPING CLUB

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

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