

# Hardin County 4-H

 Cooperative  
Extension Service



## NEWSLETTER AUGUST 2024



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

  
**Kentucky**  
STATE FAIR

*Good Luck to all Exhibitors!*

**August 15 - 25, 2024**

4-H Summer of 2024 has been one for the books! We have had the opportunity to spend so much time with youth across both Hardin County and Kentucky! We have taken 9 Cloverbuds and their families camping, over 154 youth and adults to 4-H Summer Camp, hosted day camps, and completed Hardin County Fair events. We hope that you all had just as much fun as we have!

Be sure to visit the KY State Fair and visit Cloverville to check out and support Hardin County youth, they sure deserve it. There is a lot to see and do at the State Fair and we hope you have the opportunity to check it all out.

The 4-H team here at the Hardin County Extension office is finishing up preparing for a new 4-H Program year, September 1st! If you are new to 4-H and have been interested in joining, it is the perfect time to get started. Join us for our 4-H Carnival and Welcome Orientation on September 23rd. All 4-H clubs will be in attendance and host games to play, and you can ask them all the questions you have.



### 4-H EVENTS:

*Visit Cloverville!*

- 4-H DOG SHOW - AUGUST 3 (WKU)
- 4-H HORSE SHOW - AUGUST 6-10
- COUNTRY HAM DAY—AUGUST 15
- POULTRY SHOW - AUGUST 15-16
- LIVESTOCK SHOWS - AUGUST 15-23
- RABBIT SHOW - AUGUST 16
- 4-H CAMP DAY - AUGUST 17
- 4-H INTERNATIONAL DAY - AUG 18
- KY 4-H MILITARY PROGRAMS - AUG 19
- AG NATURAL RESOURCES DAY - AUG 21
- COUNTRY HAM RECIPE DAY - AUG 22
- SET DAY - AUG UST 23
- FCS DAY - AUGUST 24
- CUPCAKE WAR - AUGUST 24
- CLOSING DAY - AUGUST 25

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# 4-H CARNIVAL AND WELCOME ORIENTATION

September 23, 2024 | 6 pm - 8 pm

111 Opportunity Way - Elizabethtown, KY 42701

**ARE YOU A NEW MEMBER OR JUST CURIOUS ABOUT WHAT 4-H IS?**

***Then this is the event for you and your family! It is the beginning of a new 4-H program year and we want you to join us! Come meet existing clubs, play games, and earn prizes!***

**FREE  
ENTRY  
OPEN TO  
THE  
PUBLIC**

**GAMES,  
PRIZES,  
BALLOON  
ANIMALS**







# 4-H CLOVERBUD CLUB FALL 2024

**FREE REGISTRATION**  
SPOTS LIMITED



## WHO?

Cloverbuds are youth age 5-8 years old as of January 1, 2025

## WHERE?

111 Opportunity Way  
Elizabethtown, KY  
42701

## WHEN?

Saturday 10 am-11:30 am  
OR  
Tuesday 5:30 pm-7 pm  
September-December

## WHAT?

Monthly club meetings featuring physical activity, crafts, and educational activities. A place to learn independence, social skills, and have fun together! Snack included!

**SCAN CODE TO REGISTER ONLINE OR CONTACT:**  
[JOCELYN.KEMP@UKY.EDU](mailto:JOCELYN.KEMP@UKY.EDU)  
270-765-4121





WELCOME TO OUR

# 4-H TREASURES CLUB

**NEW 4-H club!**

Are you interested in creating a personal collection? Want to take a collection you already have to the next level? Learn about various types of collections and hobbies, the ins and outs of the collecting process, and how to best display your items.

All levels of experience welcome!



**Meeting Time: 5:30 pm**

**Location: 111**

**Opportunity Way  
Elizabethtown, KY**

**42701**

**270-765-4121**

**Ages 9-18**

**Free to enroll**

**Meeting Dates:**

- |          |         |
|----------|---------|
| 9/26/24  | 1/16/25 |
| 10/17/24 | 2/13/25 |
| 11/21/24 | 3/20/25 |
| 12/19/24 | 4/17/25 |
|          | 5/15/25 |



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Disabilities accommodated with prior notification.





# Hardin County 4-H COUNCIL MEETING

September 17 - 5:30 p.m.

Anyone with an interest in 4-H programming efforts for Hardin County youth is invited to attend!  
A meal will be served.



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A circular 4-H logo with 'H' on each leaf and '1902' at the bottom, set against a background of teal office supplies like paper clips and a stapler.

**4-H OPEN ENROLLMENT  
SEPTEMBER 1, 2024**

Be watching for the new  
4-H Open Enrollment Forms  
starting **September 1st!**

*HOW OLD WILL YOU BEE ON JANUARY 1, 2025?  
THAT'S YOUR 4-H AGE!*



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

# HARDIN COUNTY 4-H

# POULTRY BBQ

DAY CAMP



## State 4-H Poultry BBQ Contest Results for Hardin Co.



Lily Nall – 6th place  
Declan Richards – 4th place  
Ava Moses – 3rd place







# 4-H CAMP FUN

18 USC 707







# HARDIN COUNTY FAIR

18 USC 707







# Zippy Zucchini Cakes

<b>2 cups</b> shredded zucchini	<b>1 tablespoon</b> olive oil	<b>1 cup</b> shredded Mozzarella cheese
<b>2 large</b> eggs	<b>1/3 cup</b> all-purpose flour	<b>1/2 teaspoon</b> salt
<b>1 egg</b> white	<b>1/3 cup</b> whole wheat flour	<b>1/4 teaspoon</b> dill
<b>1/4 cup</b> skim milk	<b>2/3 cup</b> corn meal	<b>1/2 teaspoon</b> black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
  - 2. Stir** until just mixed.
  - 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
  - 4. Stir** until moistened.
  - 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
  - 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
  - 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**
- Yield:** 10, 2 inch cakes.
- Nutrition Analysis:** 80 calories, 2 g fat, 0 g sat. fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



# Kentucky Summer Squash

**SEASON:** June through October.

**NUTRITION FACTS:** Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

**SELECTION:** Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

**STORAGE:** Harvest and place unwashed in plastic bags. Store in the crisper drawer of the refrigerator. Wash the squash just before preparation. The

storage life of summer squash is brief; use within two to three days.

**PREPARATION:** Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

## ZUCCHINI

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

June 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
**KENTUCKY**  
College of Agriculture,  
Food and Environment

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

# HEALTH BULLETIN



**AUGUST 2024**

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

HARDIN COUNTY  
Cooperative Extension Office  
111 Opportunity Way  
Elizabethtown, KY 42701  
Phone: (270) 765-4121

## THIS MONTH'S TOPIC KEEP MOVING!

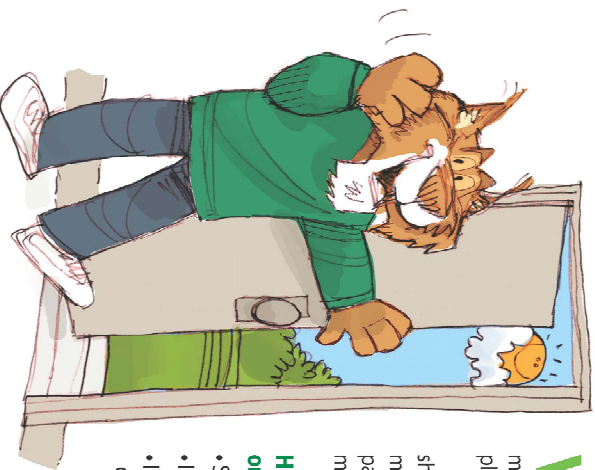
**W**hen summer break ends and you go back to school, you probably spend more time sitting and less time moving. During the summer, you had more time to swim, play outside, and take trips to the park or gym.

But just because school is back does not mean you should stop moving! In fact, the more time you spend moving outside of school, the more you will be able to pay attention and do well when you are in class. You may have to try harder to be active, but it is worth it!

### Here are some ideas for staying active once school starts:

- Start your day with slow stretches, or a quick warm-up.
- If you can, walk or ride your bike to school or the bus stop.
- If you get recess or a break during the day, use that time to move!

Continued on the next page →



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with prior notification.



→ Continued from the previous page

- Sign up for a sport or club after school that gets you moving. It can be fun to try something new. Or ask a friend to join you for an activity that you enjoy.
- Make a habit of taking a walk or bike ride with your family after dinner.
- Have a nightly dance party at home.
- Chores can keep you moving too! Volunteer to help rake leaves, vacuum, or walk the dog.

### If you want to try something new, here are some sports and activities you can try:

- Pickleball
- Ice skating
- Archery
- Martial arts
- Ultimate Frisbee
- Rock climbing



- Yoga
- Gymnastics
- Golf

Keep your screen time in check, too. It can be easy to spend the whole evening after school in front of the TV, playing video games, or on a tablet or phone. Try to keep the time you spend on all devices to less than 2 hours each day. That includes time at school. Talk to your parent or caregiver about when you would like to watch your favorite show, play a game, or use an app. Then set a limit on how much time you spend. Also, decide how you will know when that time is up. Using screens right before bed can make it harder to fall asleep. So, leave screen time out of your bedtime routine. End your day with something that makes you feel calm and relaxed, like reading, listening to music, praying, or thinking about the best part of your day.

REFERENCE: <https://www.nhlbi.nih.gov/health/educational/wcans/vdonlineads/tip-back-to-school.pdf>

### ADULT HEALTH BULLETIN

Written by:  
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Cartoon Illustrations by:  
Chris Ware © University  
of Kentucky School of Human  
Environmental Sciences





# PLAN AHEAD!!!

Take a look at the upcoming  
2024-25 State Events!!

Event	Date(s)
<b>September</b>	
NRESci Ambassador Orientation (ZOOM)	September 5
Shooting Sports State Competition (7th: Bluegrass Sportsman's League 8th: Central KY Gun Club)	September 7 - 8
4-H Forestry Field Day (Mammoth Cave National Park)	September 12
State Teen Council Meeting	September 13 - 15
PA All-American Invitational 4-H Dairy Judging Contest (Harrisburg, PA)	September 15
Forestry Field Day Event (Green River State Park)	September 19
4-H NRESci Academy Retreat (Feltner 4-H Camp)	September 24-25)
<b>October</b>	
Fall Coaches Certification Workshop	October 4 - October 6
KY 4-H Foundation Alumni Event	October 11
Ag Roundup	October 12
NAE4-HYDP Conference	October 14 - October 18
Master Clothing Volunteer Training	October 22 - 24
Forestry Field Day Event (Carter Caves State Park)	October 22
NRESci Academy Day Event (Berea, KY)	October 29
<b>November</b>	
State Teen Council Meeting	November 1 - 3
North American Invitational 4-H Dairy Quiz Bowl Contest (KFEC Louisville, KY)	November 8 - 9
North American Invitational Dairy Judging Contests (KFEC Louisville, KY)	November 9 - 10
Issues Conference	November 14 - 16
NAILE	November 7 - 21
National 4-H Congress	November 29 - December 3
<b>December</b>	
Written Communications Contest Entries Registration Open (4-H Online)	December 1 - March 1
Jr. MANNRS Institute	December 6 - 7
Achievement Program Application Submission Deadline to State - County Deadline Earlier	December 16
<b>January</b>	
State 4-H Livestock Quiz Bowl	TBA - Usually held in January
Goodwill Meets 4-H Begins	January 10

<b>February</b>	
State 4-H Livestock Skillathon	TBA - Usually held in February
State Teen Council Meeting	February 7 - 9
Achievement Program Gold Interviews (Location TBD)	February 22
4-H Capitol Experience	February 25 - 26
NRESci Academy 1 Day Event (Carter Caves, Olive Hill, KY)	February 27
<b>March</b>	
State 4-H Dairy Jeopardy Contest	TBA
Achievement Program Preliminary Emerald Interviews (VIRTUAL)	March 1
State Extension Conference (Louisville, KY)	March 3 - 5
4-H Ignite	March 13 - 15
Spring Coaches Certification Workshop	Hard Date TBA (Late March - Early April)
4-H Summit	March 20 - 22
Summer Camp Season - County Dates TBD	May 26 - August 1
<b>April</b>	
Emerald Gala (The Castle, Lexington, KY)	April 12
Senior 4-H Forestry Judging Contest (Tentatively Raven Run Nature Sanctuary)	April 15
4-H Wildlife Challenge (Tentatively Raven Run Nature Sanctuary)	April 15
4-H/FFA Field Day	April 17
<b>May</b>	
Goodwill Meets 4-H Ends	May 15
NRESci Academy Day Event (KSU Research Farm, Frankfort, KY)	May 23
<b>June</b>	
State 4-H Livestock Judging Contest	TBA - Usually held in June
State 4-H Horse Contest	June 4 - 5 (Tentative)
Teen Conference	June 9 - 13
Achievement Program Emerald Interviews Round 1 (Lexington, KY)	June 10
State Livestock Contest	June 17
State Horse Show	June 28 - July 3 (Tentative)
<b>July</b>	
State Communications Day	July 12
Poultry BBQ/Egg Chef Challenge (Hardin CES)	July 26
<b>August</b>	
KY 4-H Dog Show, Bowl, & Skillathon	August 1
Culinary Challenge (Boone CES)	August 10
State Fair (Louisville, KY)	August 14 - 25
State 4-H Poultry Showmanship	August 14
State 4-H Avian Bowl and Poultry Judging	August 15
Country Ham Recipe Contest (KY State Fair)	August 21
Cupcake Wars (KY State Fair)	August 23



T P A B O O K Z S J S A  
 S A R T E F E Q C S N K  
 A P Y Z X M A T H I A I  
 R E A D L H B Z O N C D  
 Z R E G D E S K O G K S  
 S B K P E N C I L K J A  
 F U N T J B S P E L L E



ART  
 BOOK  
 DESK  
 FUN

KIDS

MATH  
 PAPER  
 PENCIL  
 READ



Check out our Hardin County 4-H Facebook page for updates.

Connect with us for more exciting programs.

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)



# September 2024 Upcoming Events



- 3** **4-H BEE CLUB**  
Hardin County Extension Office - 5:00 P.M.  
Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu
- 5** **FEATHERS AND FLUFF**  
4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office  
Contact: Kate Richards creativechaosinky@gmail.com
- 9** **PAWS DOG CLUB**  
4-H DOG CLUB MEETING - 6:00 P.M. - Extension Office  
Contact Rebecca Otjen - Otjen4@icloud.com or Mary Tiepen - troymary7867@att.net
- 9** **4-H BEGINNER & ADVANCED SEWING**  
Sept 9, 16, 30- 4:00 - 6:00 p.m. - Extension Office  
**Must have pre-registered.**
- 9** **TRAILBLAZERS HORSE CLUB**  
4-H HORSE CLUB MEETING - 6:30 P.M.- Extension Office  
Contact Christy Douglass -standingoakbranch@gmail.com
- 10** **LIVESTOCK CLUB**  
LIVESTOCK CLUB MEETING - 6:30 P.M.- Extension Office  
Contact Davie Street - dstreet2611@gmail.com or Shaune Williams - shaune.williams@hardin.kyschools.us
- 12** **TARGET MASTERS SHOOTING SPORTS**  
4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.  
Contact Leann Davidson - leanndavidson22@gmail.com
- 14** **4-H CLOVERBUDS**  
CLOVERBUDS CLUB MEETING - 10:00 A.M. - EXTENSION OFFICE  
**MUST HAVE PRE-REGISTERED.**
- 17** **4-H HOMESCHOOL CLUB**  
10:00 A.M. - 12:00 p.m.- Extension Office  
Contact: Allie McKeever allison.mckeever@outlook.com
- 26** **4-H TREASURER'S CLUB**  
5:30 p.m. - 6:30 - Extension Office  
Contact: David Akers / Email: davidakers18@yahoo.com

**ACCESS THE LATEST NEWSLETTER**



**HARDIN COUNTY COOPERATIVE EXTENSION OFFICE**  
 111 OPPURTUNITY WAY  
 ELIZABETHTOWN, KY 42701  
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 County Extension Agent for 4-H/Youth Development

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

**STEPHANIE MEREDITH**  
 4-H Program Assistant