

# Hardin County 4-H NEWSLETTER FEBRUARY 2025

 Cooperative  
Extension Service

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



## 4-H SUMMER CAMP JUNE 29-JULY 3, 2025

**REGISTRATION PACKET AVAILABLE  
AT THE EXTENSION OFFICE**

### CAMP BY AGE:

CAMPER AGE 9-14 & CIT'S  
JR. TEEN COUNSELORS (AGE 15)  
TEEN COUNSELORS (AGE 16-17)  
ADULT COUNSELORS (AGES 18 & UP)

\*Approved adult counselors may take one child at no cost, however a \$50 registration fee is required and will be refunded after camp has concluded.

### CAMPER PAYMENT OPTIONS:

**PAY IN FULL** - you may pay the full amount in person by check, cash or credit card. **Registration packet must be turned in with payment.**

**SCHOLARSHIP** - limited scholarship applications are available for those with financial need. Those can be picked up at the Extension office. A \$75 deposit will be required from each scholarship participant. **ONE SCHOLARSHIP PER FAMILY**

**For more info contact:** [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu) or call (270) 765-4121

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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Disabilities  
accommodated  
with prior notification.

# CLOVERBUD CAMP 2025

\$170 Cloverbud & \$160 Adult  
Registration Packet can be picked up at the Extension Office  
Registration Deadline is 5/2

"ONCE UPON A  
4-H CAMP"

FAIRYTALE  
THEME



## EVENTS

Canoeing, cooking, crafts, fishing, low ropes, nature, recreation, swimming, & evening camp wide programs

June 20–22 | ages 5–8

For more information contact—

4-H AGENT, JOCELYN KEMP



jocelyn.kemp@uky.edu



270-765-4121



# SHOWCASE YOUR TALENTS

No Late Registrations Will Be Accepted

Now is the time to begin  
working on  
speeches and/or  
demonstrations for  
the 2025 Hardin County  
Speech &  
Demonstration Contest.



## Registration Info

You must pre-register by 4/1. Call the office with name, title of speech and demonstration, and date of birth. Copy of rules can be picked up at the extension office.

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# Join us for 4-H Cloverbud Sponsor Dinner


**Cooperative  
Extension Service**

Hosted by 4-H Cloverbuds (5-8 year olds!)  
\$15 per person- Spaghetti Dinner with Dessert  
All proceeds benefit Cloverbud families with the cost  
to attend Cloverbud Summer Camp 2025



**Thank you!**

 **7 April 2025**  
**5:30 pm**

 **Information:**  
**270-765-4121**

Please contact a Cloverbud you know or the Extension office to purchase your ticket.

*Deadline to sponsor and/or buy plate is March 28, 2025*

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UNIVERSITY OF KENTUCKY  
**Robison Forest**  
SINCE 1923

**Wildlife** **Entomology** **Forestry**

**Kentucky Forest Leadership Program**  
Wildlife & Entomology

Your Adventure Starts Here...

**KENTUCKY FOREST LEADERSHIP PROGRAM**



Are you a high school student with a passion for forestry, entomology, or wildlife? Discover Kentucky's natural resources while being surrounded by the beauty of the woods! Scan the QR code for more information.

 June 1 - 6, 2025 @ UK Robison Forest

 \$500 fee after acceptance

 Scholarships Available



**Contact Us!**  [Laurie.Thomas@uky.edu](mailto:Laurie.Thomas@uky.edu)  [KFLP.ca.uky.edu](http://KFLP.ca.uky.edu)

## BLUEGRASS 4-H

**Cooperative  
Extension Service**

### Horse Camp



**MAY 30TH-JUNE 1ST  
CENTRAL KY AG EXPO  
LIBERTY, KY**

**\$100 PER CAMPER WITH A HORSE  
\$75 PER CAMPER WITHOUT A HORSE  
\$25 PER ADULT  
\$25 PER CLOVERBUD**



From new horse owners, to seasoned riders, to members without their own horse. The Bluegrass Area 4-H Horse Camp offers classes with hands on learning experiences for you. Enjoy educational classes and riding classes with your horse!

Stay for the clinic on Sunday and qualify for the 2025 KY State 4-H Horse Show.

**Disciplines: Beginner or Advanced**

- Western Judged (Ranch & WP)
- Contest (Barrels, Poles, Flags, Stakes)
- Hunt Seat (HUS, Jumping, Dressage)
- Walking/Racking/Mountain (Gaited)
- Minis

**Horse Lover (those without a horse at camp)**

**NEW! Cloverbud class on Saturday only!**



# SCHOLARSHIP OPPORTUNITIES

Central Kentucky Community Foundation awards many scholarships to local students each year including a scholarship for students from Hardin County involved in production agriculture or agri-business or equine studies.

**The Dennis and Lisa Parrett Family Scholarship**

**The Hardin County Cattleman's Association Hansell G. Pile, Sr. Memorial Scholarship**

**The Rylee Marie Razon Memorial Equine Scholarship**

Applications are facilitated through the Central Kentucky online portal  
<https://www.grantinterface.com/Home/Login?urlkey=ckcfscholarships>

**Deadline is 3/1**

**LEARN MORE BY CONTACTING YOUR LOCAL EXTENSION OFFICE!**

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# TEEN CONFERENCE

**FIND YOUR SPARK  
AND BUILD FRIENDSHIPS**



**10th - 13th June  
2025**

## About Our Event

**Kentucky 4-H Teen Conference** is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

**JOIN US!**

## Event Highlights

### Majors

These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

### Leadership Minor

Focuses on developing essential leadership skills through targeted activities and discussions

### Day of Service

Participants engage in community service projects throughout Lexington

### Social Activities

These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

**CONTACT YOUR  
COUNTY 4-H AGENT**

**WEBSITE**  
extension.ca.uky.edu

# SLOW COOKER FAJITAS

## INGREDIENTS

- 1 pound boneless, skinless chicken breasts, sliced lengthwise into strips
- 1 to 2 teaspoons cumin
- 1 to 2 teaspoons chili powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 3 medium bell peppers, any color
- 1 medium onion
- 1 (10 ounce) can diced tomatoes and green chilies
- 6 (8-inch) whole wheat flour tortillas



## DIRECTIONS

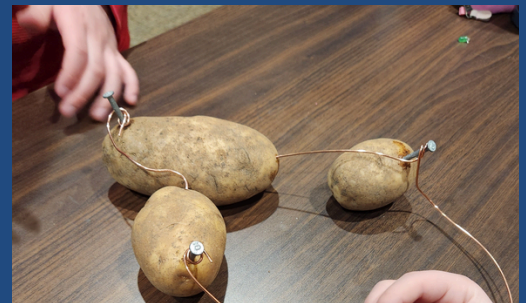
- 1. Place chicken in a medium-size slow cooker.**
- 2. In a small bowl, combine cumin, chili powder, black pepper and garlic powder. Sprinkle seasoning over chicken.**
- 3. Remove stem and seeds from bell peppers and peel from onion. Slice peppers and onion into 1/4 inch strips and add them to slow cooker, covering chicken. Pour tomatoes and green chilies over veggies.**
- 4. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.**
- 5. Remove chicken from the slow cooker and let it cool slightly. Use two forks to shred the chicken. Add shredded chicken back to the slow cooker and mix with the peppers and onions.**
- 6. Serve in tortilla with optional toppings if desired.**

## HOMESCHOOL CLUB NOTES

The last meeting was January 15th. Lilly called the meeting to order. We did our pledges, and had a guest speaker, and he taught us how to make a battery out of a potato.

How we did it was we got three potatoes, three nails, one wire, and one light. We stuck a nail in a potato and cut a piece of the wire and then stuck another nail in a potato and wrapped the piece of cut wire around the two nails. And then the same with the other potato. And then you would grab the two pieces of wire and put them back to back and put the light across it, and your light might light up, if not flip it over. Then we grouped up with the people next to us and combined our potato power lights. We also made potato soup. We also voted on a field trip. Malibu Jacks had the most votes. The field trip date has not been decided yet.

Our next meeting is February 12.



Article by: Bannon Mitsch

# YOUTH

# HEALTH BULLETIN



**FEBRUARY 2025**

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

NAME County  
 Extension Office  
 000 Street Road  
 City, KY  
 Zip  
 (000) 000-0000

## THIS MONTH'S TOPIC

# GIVE YOURSELF A LITTLE LOVE



**I**n February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

**Continued on the next page** →

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→ Continued from the previous page

- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

**What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.**

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**Write a positive affirmation.**

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There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

**REFERENCE:**

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>



**YOUTH HEALTH BULLETIN**

**Written by:** Courtney Luecking, PhD, MPH, RDN  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:** Chris Ware (© University of Kentucky School of Human Environmental Sciences)





# FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	<b>Sewing -4pm</b> <b>Livestock Judging Practice - 4pm</b>	<b>Home Environment 5pm</b>  <b>Beginner's Beekeeping Club - 5:00pm</b>		<b>Feathers &amp; Fluff 6:30pm</b>	<b>Livestock Skill-a-thon Team Practice 4:30pm</b>	<b>Cloverbuds 10:00am</b>
9	10	11	12	13	14	15
	<b>Sewing -4:00pm</b> <b>Paws Club 6:00pm</b> <b>Trailblazers 6:30pm</b>	<b>Home Environment 5pm</b>  <b>Livestock 6:30pm</b>	<b>Homeschool Club 10:00 am</b>  <b>Cloverbuds 5:30pm</b>	<b>Livestock Skill-a-thon Team Practice 4:30pm</b>  <b>Collecting Club 5:30pm</b> <b>Target Masters Shooting Club - 6pm</b>		<b>State Livestock Skill-a-thon in Bowling Green</b>
16	17	18	19	20	21	22
	<b>Sewing -4pm</b>  <b>Livestock Judging Practice - 4:00pm</b>	<b>Cloverbuds 5:30pm</b>		<b>Feathers &amp; Fluff Education Clinic 6:30 - 7:30pm</b>		<b>Trailblazers Lock in 6:00pm</b>
23	24	25	26	27	28	
	<b>Sewing -4:00pm</b>		<b>Cooking Project 4:00pm</b>			



# MARCH 2025



SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3 Sewing - 4:00pm Livestock Judging Practice - 4pm	4 Beginner's Beekeeping Club - 5pm	5	6 Feathers & Fluff 6:30pm	7	8 Cloverbuds 10:00am
9	10 Sewing - 4:00pm Paws Club 6:00pm Trailblazers 6:30pm	11 Livestock 6:30pm	12 Cloverbuds 5:30pm	13 Target Masters Shooting Club - 6pm	14	15
16 National Agriculture Week!	17 Sewing - 4:00pm Livestock Judging Practice - 4:00pm Home Environment 5:00pm	18 4-H Council 6:00pm	19 4-H Homeschool Club 10:00am	20 Feathers & Fluff Education Clinic 6:30 - 7:30pm 4-H Collecting Club 5:30pm	21	22
23/30	24/31 24th Sewing - 4pm Home Environment 5:00pm 31st Sewing - 4pm Livestock Judging Practice - 4pm	25 Cloverbuds 5:30pm	26 Cooking Project 4pm	27	28	29



# Remind

Shooting Sports - @lgiva  
Bee Club - @hc4hbee  
4H Homeschool- @hc4hhs  
Livestock- @hc4hstock  
PAWS- @hc4hpaw  
Trailblazers- @hc4htb  
F&F- @4hfeath  
Hippology-@hc4hhip



## WINTER WEATHER NOTICE

As most of you know Mother Nature can be very tricky this time of year and can sometimes cause dangerous driving conditions. Therefore, I would like to remind you that if SCHOOL is CANCELED due to bad weather conditions, ALL 4-H CLUB MEETINGS, ACTIVITIES AND EVENTS ARE AUTOMATICALLY CANCELLED AS WELL. In the event that school is not closed but threatening weather conditions exist, please call the Extension Office at (270) 765-4121 or listen to the local radio station for cancellation announcements .

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Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Jocelyn Kemp 

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For 4-H Youth Development Education  
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