


Hardin County 4-H

 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



NEWSLETTER SUMMER 2025

**DESIGN THE PLATE
THAT DRIVES AGRICULTURE**

\$500
CASH PRIZE



FRIENDS OF AGRICULTURE LICENSE PLATE DESIGN CONTEST



Learn more and enter to win at <https://www.kyagr.com/agfriends/>

Jocelyn Kemp

Hardin County Extension Agents
For 4-H Youth Development Education
jocelyn.kemp@uky.edu / deanakreed@uky.edu

Deana K Reed

CONGRATULATIONS!



AMPLIFY
KENTUCKY 4-H

UK Cooperative
Extension Service
4-H Youth Development

Congratulations to Hardin County's West 5/6 Area Communications Participants

Speeches

Elias Miller - Blue/Reserve Champion
Ransom Carter - Blue/Reserve Champion
AdyMae Williams - Red/Champion
Kemp Sadler - Blue/Reserve Champion

Demonstrations

Ellie Moses - Blue/Champion
Marla Teipen - Blue/Champion
Ava Moses - Blue/Champion
Charlotte Collins - Blue/Reserve Champion
Megan Teipen - Blue/Champion
AdyMae Williams - Blue/Champion

Category champions will move on to represent Hardin County at the
2025 Kentucky 4-H State Communications Contest in July.

An equal opportunity program

DESIGN THE PLATE
THAT DRIVES AGRICULTURE

\$500
CASH PRIZE



FRIENDS OF AGRICULTURE LICENSE PLATE DESIGN CONTEST



FROM THE COVER:

The Kentucky Department of Agriculture is excited to launch the Friends of Kentucky Agriculture Specialty License Plate Contest with Kentucky 4-H and Kentucky FFA Association. This contest is open to current 4-H and FFA members or any student interested in agriculture!

Submit your original photography, digital, or hand-drawn artwork that includes the 4-H, FFA, and Kentucky Proud logos.

Deadline: September 5, 2025

\$500 cash prize to the winning design!

Enter at www.kyagr.com/agfriends

This brand new plate will be available to all Kentucky drivers who want to show their support for agriculture, not just production farmers. Proceeds will benefit 4-H, FFA, and Kentucky Proud programs across the state.

The current Farm License Plate will still be available for eligible farmers, and we encourage continued renewal of that plate! The new Friends of KY Agriculture plate is an exciting option for Kentuckians who are proud to support the future of ag. We are excited to roll out the new Friends of Ag plate in 2026!



BE A
SUMMER
CAMP
SUPERHERO

Thursday , June 26th
4-7 p.m.

PRE-CAMP
HEAD
LICE
CHECKS

Hardin County Extension Service
111 Opportunity Way, Elizabethtown

HARDIN COUNTY FAIR



4-H Schedule of Events



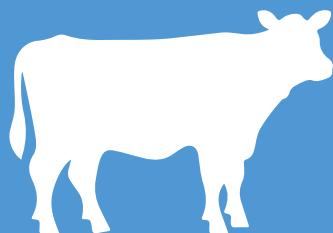
Sunday, July 6

1:00 - 3:00 PM Project Entry



Monday, July 7

10:00 AM - 3:00 PM Project Entry



Tuesday, July 8

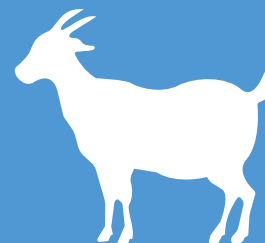
8:00 AM - Noon Project Entry Judging

Noon Youth Project Completion Show Luncheon

3:00 PM Livestock Judging Contest

4:00 PM Livestock YPCS Show

Following Show Parade of Champions



Friday, July 11

9:00 AM Rabbit / Poultry / Cavy



Saturday, July 12

4-H Fair 5 K (7 am)

Sunday, July 13

1:00 - 3:00 PM Project Exhibit Pickup 4-H

2:00 PM Dog Show @ Bella's K9 Academy



Remember to visit the 4-H Ice Cream Trailer for a cool treat!
All proceeds support Hardin County 4-H programming.

An equal opportunity program

HARDIN COUNTY

COPIES
AVAILABLE AT
EXTENSION
OFFICE

*111 OPPORTUNITY WAY
ELIZABETHTOWN, KY

4-H

Project Exhibits

ANY ENROLLED 4-H
MEMBER IS ELIGIBLE TO
ENTER A 4-H PROJECT AT
THE COUNTY FAIR IN JULY!

4-H PROJECT
CATALOG
AVAILABLE
NOW!



bit.ly/hcfb2025

ACCESS THE CATALOG HERE

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



4-H



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Hardin County 4-H Youth Development
270-765-4121

<https://hardin.ca.uky.edu/4h-youth-development>

Fun Cooking Class For Kids

9-14 years old



Join us for a day of 4-H Cooking Camp FUN!

Monday, July 14th

10 AM - 2 PM

LEARN TO PREPARE AN ENTIRE MEAL!

Appetizer

Entree w/side

Salad

Dessert

**An equal opportunity organization*

12 spots available

\$10 class fee
Register ASAP!

Online Registration

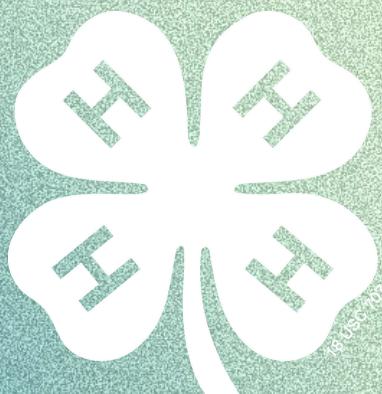
hardin.ca.uky.edu/events

More Information 270-765-4121

Questions? E-mail Ms. Deana deanakreed@uky.edu

HAPPY *Father's* DAY

SUNDAY, JUNE 15, 2025



Thank you for making the best better!



Country Ham Project

Beginner Bee Keeper



Teen Club Car Care

A collection of dog toys and accessories arranged on a dark grey fabric surface. The items include a blue collar with Spider-Man logos, a blue plush shark toy with a red mouth, a red ball with black spots, a yellow ring with a red textured center, a white pumpkin-shaped toy, a green feather toy, and a sign that says "Come healthy fine". The toys are scattered on a dark grey fabric with a pattern of small yellow and blue paw prints. A sign with the text "Come healthy fine" is visible in the background.

[illegible]



YOU'RE INVITED TO THE PORCH PARTY SUMMER SERIES



JUNE 3	JUNE 17	JULY 16	JULY 30
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11:00AM-1:00PM

4-H
Day!

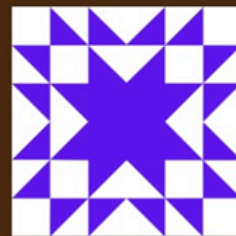


HARDIN COUNTY COOPERATIVE
EXTENSION SERVICE

111 OPPORTUNITY WAY ELIZABETHTOWN, KY 42701

ACTIVITIES | FOOD TRUCKS | FAMILY FRIENDLY FUN

Join us for 4 days of hands-on activities,
exciting demos, and family-friendly fun!
Learn what your local Extension Office has
to offer—from gardening tips to youth
programs and beyond.



 Cooperative
Extension Service



An equal opportunity organization

Hardin County 4-H Fair 5K

5K RUN & WALK



SATURDAY

JULY 12, 2025

Hardin County Fairgrounds
Glendale, Kentucky

REGISTRATION \$30 PER PERSON
AGES 0-8 IS FREE



<https://runsignup.com/Race/Info/KY/Glendale/RunForTheClover5k>

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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.

GREAT OUTDOORS QUESADILLAS

INGREDIENTS

- 4 (8-inch) whole wheat tortilla
- 1 cup reduced fat shredded cheddar cheese
- 1 cup diced vegetables
- Non-stick cooking spray
- Salsa



DIRECTIONS

1. Tear off four squares of heavy-duty aluminum foil and spray the shiny sides with cooking spray.
2. Place one tortilla on each square. Sprinkle $\frac{1}{4}$ cup cheese and $\frac{1}{4}$ cup vegetables on half of each tortilla. Fold tortilla in half.
3. Fold foil to make packets. Cook on a hot campfire, grill or tin can stove until the cheese is melted, 3 to 5 minutes, turning once. Or, to bake the quesadillas in the oven, preheat the oven to 375° F. Put the foil packets on a baking sheet and bake until warmed through and the cheese is melted, about 10 minutes.
4. Slice quesadillas into wedges and serve with salsa.

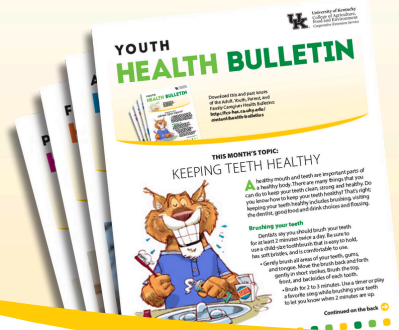
Tips

For vegetables, good choices include black beans, whole kernel corn, black olives, tomatoes, bell peppers, onions, spinach, mushrooms; sauté vegetables ahead of time, if desired.

240 calories; 9g total fat; 4.5g saturated; 0g trans fat; 20mg cholesterol; 530mg sodium; 28mg total carbohydrate; 2g dietary fiber; 1g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

YOUTH

HEALTH BULLETIN



JUNE 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](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

WHAT IS CANCER?



You might have heard the word "cancer" before. Maybe you heard it when a person got sick or was going through treatment to get better. You may wonder what cancer is or how a person gets it. You might wonder how cancer is treated to help the person heal.

Cancer is not just one sickness. It is many related diseases that happen when cells in a person's body get messed up, grow, and divide very quickly. It makes many messed-up cells that grow really fast. These cells stick together and form a tumor, or a big clump, somewhere in the body. Over time, cancer cells can

Continued on the next page ➔

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



move in the body, making tumors in new places. These tumors make it hard for the body to work correctly. Soon, they make a person feel sick.

You cannot catch cancer from someone — it is not contagious. Unlike some other sicknesses, cancer cannot pass from person to person. Germs do not cause cancer.

Doctors and scientists are still learning about why certain people get cancer, and others do not. We do know that cancer is not caused by getting hurt, like getting bumped, bruised, or cut. It is also not a punishment for being bad. However, some things, like smoking or getting lots of sunburns, can make it more likely for cancer to happen later in life. In any case, the sooner cancer is found, and treatment begins, the better the chance a person has of getting better.

Cancer can be treated in different ways. In some cases, taking vitamins and changing things like what the person eats or how they live can be enough to shrink cancer tumors. Others need surgery to cut out the tumor and let their body heal. Sometimes, treatment like chemotherapy or radiation is needed to kill cancer cells that cannot be reached or keep them from coming back.

- **Chemotherapy** is a medicine that targets and kills cancer cells. Sometimes it can be a pill, but often it must be taken through an IV line. An IV line puts liquid medicine into the blood through a needle and tiny tube stuck through the skin.
- **Radiation therapy** uses high-energy waves, like X-rays, to go through the skin. They target and kill cancer cells. As the cancer cells are destroyed, they dissolve, and the tumor shrinks. Both chemotherapy and radiation therapy are very good at killing



cancer cells. Sometimes, though, while destroying cancer cells, they can also hurt healthy parts of the body. That makes the person feel worse. This is called a side effect. Cancer medicine can come with side effects like feeling very tired, having an upset stomach, skin rashes, or hair falling out. However, these problems don't last. When treatment ends, the side effects go away. The person's hair grows back, their skin clears, and they feel much better.

While getting cancer treatment, a person may need extra rest or to stay away from many people to stay away from other germs. After treatment is done, doctors will do tests to see if the cancer is gone. A person whose cancer is gone is called "in remission." Even after a person is in remission, they may still need to go to the doctor from time to time to make sure the cancer does not come back.

If someone you know is told they have cancer, it can seem scary. Talk to your parents or another trusted grown-up about your feelings and questions you have about their situation. You may be able to help the person by encouraging them with a card, taking their family a meal, or offering them prayer or good wishes.

REFERENCE:
<https://kidshealth.org/en/kids/cancer.html>

Written by: Katherine Jury, Extension Specialist for Family Health

Edited by: Alyssa Simms







Designed by: Rusty Manseau

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



JUNE 2 **25**

***Registration Required**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 *Camp Counselor Training 5:30pm 	3  Extension Porch Party 4-H Day 11am-1pm Beginner's Beekeeping 5:00pm	4 *4-H Fair Project Day 9am-12pm <i>registration closed</i> *4-H Crochet Project 4:30-5:30pm <i>registration closed</i>	5 Feathers & Fluff 6:30pm 	6	7
8	9 Camper Orientation 5:30pm Trailblazers 6:30pm	10	11  *4-H Crochet Project 4:30-5:30pm <i>registration closed</i>	12 Target Masters 6:00 Feathers & Fluff Education Clinic 6:00-8:00pm 	13	14 Beginner Beekeepers Hive Inspection 10:00am
15	16 *4-H Fair Project Day 12:30-4:30pm <i>registration closed</i> 	17 Extension Porch Party FCS Day 11am-1pm 	18 Homeschool Club <i>cancelled</i> *4-H Crochet Project 4:30-5:30pm <i>registration closed</i>	19 JUNE TEENTH Office Closed	20	21 State Culinary Challenge <i>registration closed</i> 
22	23	24	25 *Cooking Project 4:00pm *4-H Fair Project Day 9am-12pm <i>registration closed</i> *4-H Crochet Project 4:30-5:30pm <i>registration closed</i>	26	27	28
29 Summer Camp Departure 	30					



JULY 2025



***Registration Required**

SUN	MON	TUE	WED	THU	FRI	SAT
		1 *Baking Day Camp registration closed 3-5pm 	2 *Baking Day Camp registration closed 3-5pm	3 Camp Return Day *Baking Day Camp registration closed 3-5pm	4 	5
6 HC Fair Project Check-In 1-3pm 	7 HC Fair Project Check-in 10am-3pm	8 HC Fair Project Judging 8am-Noon	9	10	11	12 *4-H Fair 5K 7:30am 
13	14 4-H Cooking Camp 10 am-2pm	15 4-H Council Meeting 5:30 meal 6:00 meeting	16 Extension Porch Party 11am-1pm 	17	18	19
20	21	22 Beginner Beekeepers Hive Inspection 10:00am Bulldogs Back-to-School Bash @ JHHS 4-7pm	23 Trojans Back-to-School Bash @ NHHS 4-7pm	24 Bruins Back-to-School Bash @ CHHS 4-7pm	25	26
27	28	29	30 Extension Porch Party 11am-1pm 	31		