

Hardin County 4-H

 Cooperative
Extension Service



NEWSLETTER MAY 2025

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

SUMMER CAMP BLOCK PARTY



**THURSDAY, MAY 29TH
5:30-7:30 PM
FOR AGES 9 TO 18**

MEET THE AGENTS + COUNSELORS!

WIN PRIZES - INCLUDING ONE FREE REGISTRATION FOR CAMP!

PLAY FUN GAMES!

LEARN CAMP SONGS!

EAT HOT DOGS!

AND MORE!!!



REGISTERED CAMPERS AND ANYONE INTERESTED IN CAMP ARE INVITED!

Jocelyn Kemp

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

Deana K Reed

4-H SUMMER CAMP JUNE 29–JULY 3, 2025

Registration Packets Are Available At The
Extension Office!!



Camp Cost
\$200
Registration Packet and
camp fee must be
turned
in together!

**ADULT & TEEN
COUNSELORS
NEEDED!!**

Now is the time to suit up for another action-packed adventure! Join us for an unforgettable week of fun, friends, and heroic challenges as we take camp to another level!

Don't miss out on a chance to reunite with your fellow heroes, tackle new missions, and make even more legendary memories! Get those applications in ASAP!!

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.



Happy Mother's Day

Thank you for your support of our organization and
for your dedication in getting your 4-Hers to their
programs and events!

From Everyone at Hardin County 4-H



4-H Fashion Revue



**Sunday, May 18
2:00pm**

**Hardin County Cooperative Extension Service
111 Opportunity Way, Elizabethtown, KY 42701**

**Contact Stephanie Meredith
(stephanie.meredith@uky.edu)**

4-H Sewing Project participants will model their clothing items for evaluation to wrap up the program year!

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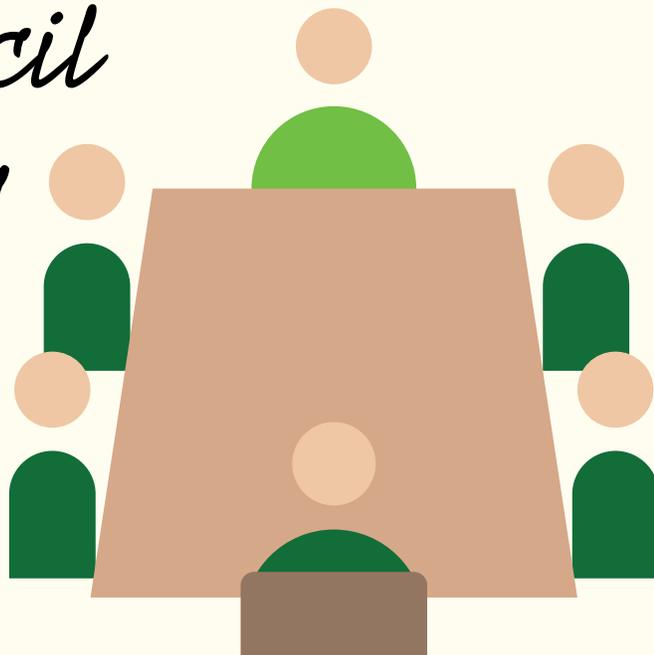
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Hardin County 4-H Council Meeting

May 20 6:00PM

*Anyone with an interest in
4-H programming efforts
for Hardin County is
invited to attend! Dinner
will be served at 5:30.*



CONGRATULATIONS!



4-H PAWS Dog Club: Beginner Obedience Graduation

(l-r) Khloe McCracken & Niko, Lilly Nall & Bonnie, Aria Byrd & Bingo, Melody Witten & Holly



AdyMae Williams

2025 Ohio Valley District Beef Show
Reserve Champion Shorthorn Bull
Reserve Champion Heifer
3rd in Showmanship

Hardin County Communications Night

Speeches

Kemp Sadler - Red/Champion
Matthew Burba - Red
Elias Miller - Blue/Champion
Bella Meredith - Blue/Champion
Ayla French - Blue/Champion
Ransom Carter - Blue/Champion
AdyMae Williams - Red/Champion

Demonstrations

Ellie Moses - Red/Champion
Marla Teipan - Red/Champion
Ava Moses - Blue/Champion
Ayla French - White/Champion
Charlotte Collins - Blue/Champion
Megan Teipan - Red/Champion
AdyMae Williams - Blue/Champion

Share your success! Email photos and updates to
emily.prather@uky.edu

4-H Crochet Project

INSTRUCTOR: AVA MOSES
CONTACT: DEANA K. REED
DEANAKREED@UKY.EDU
(270) 765-4121



What will you learn?:

How to crochet a magic ring, single crochet stitch, how to increase & decrease stitches and how to finish a crochet project. Item will be eligible for entry as a 4-H project at the 2025 Hardin County Fair.

WORKSHOP DATES:

- 4:30-5:30 PM
- May 21 @ a local craft store
- May 28 and June 4, 11, 18, 25 @ Hardin County Extension Office (111 Opportunity Way)

NO COST TO ATTEND

A SUPPLY LIST WILL BE SENT

REGISTER AT

[HTTPS://HARDIN.CA.UKY.EDU/EVENTS](https://hardin.ca.uky.edu/events)

- **AGES 9-18**
- **10 SPOTS AVAILABLE**
- **NO EXPERIENCE REQUIRED BUT BASIC CROCHET SKILLS WOULD HELP**





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!

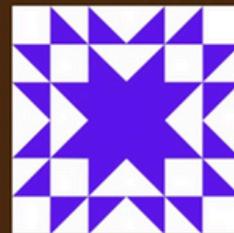


HARDIN COUNTY COOPERATIVE
EXTENSION SERVICE

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



Entomologist Comes to Fly Us in to Nature

Submitted by Homeschool Club
Reporter Bannon Mitsch



The last meeting was April 16th. We did our pledges, and had a guest speaker whose name was Blake Newton. He is an entomologist from The University of Kentucky. We learned about butterflies and bugs. He taught us the butterfly life cycle and it was really cool. Did you know that some butterflies have spots like the monarch butterfly? They have this as a way to protect themselves from predators because Monarch Butterflies are poisonous. So if they look like them predators won't want to eat them. Mr. Newton also brought in bugs to show us! He brought a Praying Mantis, a Black Widow, a Brown Recluse, and a scorpion. The next meeting is May 21st Come if you like, it's fun!



FAIR PROJECT Days



YOUTH AGES
8-18

HARDIN COUNTY COOPERATIVE
EXTENSION SERVICE
111 OPPORTUNITY WAY
ELIZABETHTOWN, KY 42701

PAYMENT IS
DUE BY
JUNE 2ND
TO HOLD YOUR
SPOT

\$10 PER DAY OR
\$25/ ALL 3

June 4th - 9am-12pm

- Watercolor •
- Wind Chimes •
- Nature •

June 16th - 12:30pm-4:30pm

- Watercolor •
- Recycled Art •
- Leather •
- Sunpaper scene •

June 25th - 9:00am-12:00pm

- Ceramics •
- Mosaic •

Limited spots available - Items expected at county fair
Call the office to register 270-765-4121

Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



Cooperative Extension Service

4-H Youth Development

4-H BAKING DAY CAMP



JULY 1, 2, & 3 | 3:00-5:00

Sign up today at <https://hardin.ca.uky.edu/events>

Youth will learn how to make and bake some of the 4-H Foods Projects that can be entered into the 2025 County Fair.



- Attend all 3 days for \$5/child
- 9-18 years old
- Instructor: Karen Tee
- 15 Spots Available



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

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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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2025 STATE 4-H MEATS JUDGING Contest

July 22nd
9:00a.m.
University of Kentucky
W.P. Garrigus Building

- Beef or Pork Carcass Class
- Beef and/or Pork Wholesale Cut Class
- Beef and/or Pork Retail Cut Classes
- Oral Reasons
- Retail identification cuts

Contact jocelyn.kemp@uky.edu or deanakreed@uky.edu for more information or to sign up



An equal opportunity organization



KENTUCKY 4-H FOUNDATION SCHOLARSHIPS

Deadline to Apply is May 16, 2025

DOWNLOAD YOUR APPLICATION TODAY AT:
kentucky4hfoundation.org/programs/scholarships/

For military parents
and their teenage
children!



Ages 13 to 19!

Ocoee Whitewater Rafting & Outdoor Adventure

Ocoee, TN | July 11-14, 2025

ACE Whitewater Rafting, Climbing, Rappelling & Outdoor Adventure

Oakhill, WV | July 25-28, 2025



Visit <https://fcs-hes.ca.uky.edu/MTAC> for info and to register

STATES' 4-H SUMMER HOSTING

Youth from Japan, Korea, and Taiwan seeking host families this summer!



HOSTING BRINGS THE RICHNESS
OF THE WORLD TO YOUR HOME!

• JULY 21-23 THROUGH AUGUST
16-18, 2025

◦ EXACT DATES DEPEND ON YOUR STATE. PLEASE
CHECK WITH YOUR STATE COORDINATOR FOR
DETAILS.

- HOST A YOUTH AGED 12-18
OR AN ADULT CHAPERONE
- THIS PROGRAM IS VOLUNTARY;
NO STIPDENDS ARE PROVIDED



HOST FAMILY REQUIREMENTS

- Have a child of the same gender within 3 years age of hosted youth (ages 9+ are eligible to host)
- Families with no children (or younger children) may host an adult chaperone
- No special activities need to be planned - host youth want to experience American culture, make new friends, and improve their English by becoming a member of your family.



For more information, visit:
states4hexchange.org/state-contacts to find contact
information for your state

*Host family selection dependent on completion of application and screening process and student availability.



BANANA "ICE CREAM"

INGREDIENTS

- 2 bananas, sliced and frozen
- 2 tablespoons milk
- Toppings (optional)



DIRECTIONS

1. Peel and slice bananas, place in freezer bag and freeze overnight.
2. Blend banana pieces and milk in blender until smooth and creamy. (Turn blender off and shake or stir periodically if pieces aren't blending). It might take a few minutes for it to become the consistency of soft serve ice cream.
3. Enjoy!

Notes

You can mix in a handful of sliced strawberries, a tablespoon of peanut butter, or a teaspoon of coconut flakes for a different flavor.

Nutrition Facts Per Serving (banana ice cream only); 60 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 14g carbohydrate; 2g fiber; 8g sugar; 0g added sugar; 1g protein; 0% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

YOUTH

HEALTH BULLETIN



MAY 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>

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

THIS MONTH'S TOPIC CATCH SOME Z'S



Sleep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

Continued on the next page →



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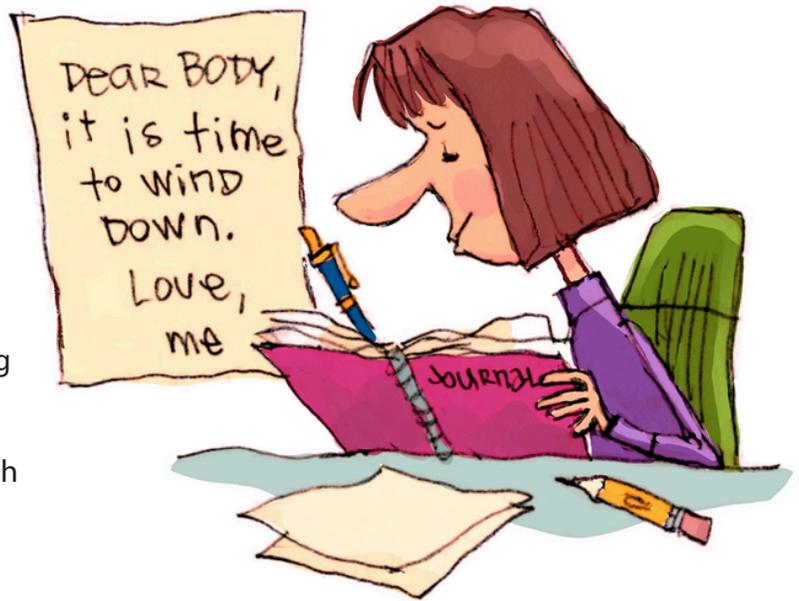
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body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
 - Keep your room cool (around 60 to 67 degrees F).



- Reduce noise by using earplugs or a white noise machine.
- Keep your room as dark as possible. You could use curtains or an eye mask.

- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinnertime you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

REFERENCE:

https://archive.cdc.gov/www_cdc_gov/healthyschools/features/students-sleep.htm

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





MAY 2025



***Registration Required**

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Feathers & Fluff 6:30pm 	2	3 *Cloverbuds 10:00am 
4	5 Livestock Judging Practice - 4pm *Sewing - 4pm W5/W6 Area 4-H Communications Night - 5 pm	6 Beginner's Beekeeping Club - 5:30pm 	7	8 Target Masters Shooting Sports 6pm 	9	10
11 Happy Mother's Day 	12 Livestock Judging Practice - 4pm *Sewing - 4:00pm 4-H PAWS Dog Club 6pm 4-H Trailblazers 6:30pm	13 Livestock 6:30pm 	14 *Cloverbuds 5:30pm 	15 Feathers & Fluff Education Clinic 6:30pm 	16	17 Master Gardeners Plant Fair 8am-2pm 
18 Fashion Revue 2pm 	19 Livestock Judging Practice - 4pm *Sewing - 4:00pm 	20 *Cloverbuds 5:30pm 4-H Council 6:00pm 	21 4-H Homeschool Club 10:00am *4-H Crochet Project 4:30-5:30pm (off-site)	22 Hardin County Extension Council Meeting 6:00pm	23	24
25	26 Memorial Day Office Closed 	27 Livestock Judging Practice - 4pm 	28 *4-H Babysitting Class @TK Stone Middle School 10am-2pm *Cooking Project 4pm *4-H Crochet Project 4:30-5:30pm	29 4-H Summer Camp Block Party!! 5:30-7:30pm 	30 Etown Ind. Schools Summer Feeding Kickoff @ Etown High School 11a-1p	31 *State 4-H Livestock Judging Contest

4:30-5:30pm

JUNE 2025

***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 *4-H Crochet Project 4:30-5:30pm	5 Feathers & Fluff 6:30pm 	6	7
8	9 Camper Orientation 5:30pm Trailblazers 6:30pm	10	11  *Quilt Camp 1:30-3:30pm *4-H Crochet Project 4:30-5:30pm	12 Target Masters 6:00 Feathers & Fluff Education Clinic 6:00-8:00pm 	13 *Quilt Camp 1:30-3:30pm 	14
15	16 *4-H Fair Project Day 12:30-4:30pm 	17 Extension Porch Party FCS Day 11am-1pm 	18 Homeschool Club 10:00am *4-H Crochet Project 4:30-5:30pm	19 JUNE TEENTH Office Closed	20 *Culinary Challenge 	21 *Culinary Challenge 
22	23	24	25 *Cooking Challenge 1:00pm C*ooking Project 4:00pm *4-H Fair Project Day 9am-12pm	26	27	28
29 Summer Camp Departure 	30		*4-H Crochet Project 4:30-5:30pm			