


Hardin County 4-H NEWSLETTER APRIL 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

URGENT NEED!

4-H CAMP!

ADULT (AGES 18+) & TEEN (AGES 16-17) COUNSELORS

CALL 270-765-4121 FOR INFO OR EMAIL DEANA @
DEANAKREED@UKY.EDU



Hi, my name is Deana K. Reed. I am the new 4-H Youth Development Agent in Hardin County, and I have a strong interest in 4-H Leadership, Family & Consumer Sciences and Expressive Art projects. I enjoy crocheting, needlework and cooking and I'm very excited to meet many of you over the next few months! I have been involved with Kentucky 4-H since I was nine years old and was a Hardin County 4-H Agent from 2002-2005. I am very happy to be back in my "grown-up hometown" and look forward to working with Jocelyn, Stephanie, and our 4-H volunteers to provide high-quality programs for the youth of Hardin County!

Deana

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

CONGRATULATIONS!



Keara Knight
CLOVER LEVEL 3



Megan Teipen
CLOVER LEVEL 3



Sylar Douglass
CLOVER LEVEL 2



Ava Moses
CLOVER LEVEL 2



Gage Snook
CLOVER LEVEL 1



Marla Teipen
CLOVER LEVEL 1



2024 Kentucky 4-H
Achievement Winners



CONGRATS
You Did
It!

CONGRATULATIONS!



Danica Street
SILVER LEVEL



Samuel Teipen
SILVER LEVEL



AdyMae Williams
SILVER LEVEL



Ransom Carter
BRONZE LEVEL



Karissa Street
BRONZE LEVEL

2024 Kentucky 4-H
Achievement Winners

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!



ACCESS THE CATALOG HERE

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



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Hardin County youth are part of a unique community where Military families thrive. Every April, all month long, we celebrate the courage, perseverance and tenacity demonstrated by our military-connected children, youth and teens and what they mean to our community.

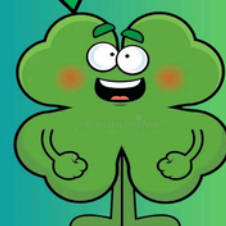
Month of the Military Child



4-H / FFA Field Day Bulletin



PLEASE CONTACT THE HARDIN COUNTY EXTENSION OFFICE IF YOU ARE INTERESTED IN COMPETING AT UK AG FIELD DAY. 270-765-4121



April 18, 2024

Kroger Stadium
University of Kentucky

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



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HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



Get together with friends and
learn outdoor survival skills!
Scan below for the
application!



**MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT**

**LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544**

**OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.**

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

Lexington, KY 40546



Disability
accommodated
with prior notice

UNIVERSITY OF KENTUCKY
Robinson Forest
SINCE 1923

WILDLIFE ENTOMOLOGY FORESTRY

Kentucky Forest Leadership Program

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 Robinson Forest



\$500 fee after
acceptance



Scholarships
Available

Contact Us!



Laurie.Thomas@uky.edu



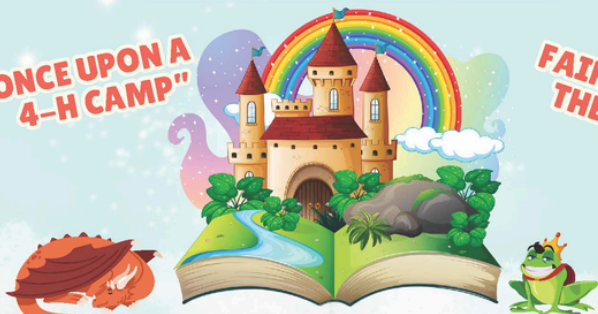
KFLP.ca.uky.edu

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

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.

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.

JOIN US!

UMass Extension 4-H Career Exploration Series



Beyond Ready

Connecting youth with professionals

Amanda Kinchla

Extension Specialist in Food Safety

Wednesday, April 9, 2025, 7:00 PM ET

Food is just grown and put in boxes and on shelves, right? – Wrong!
Join our exciting session to explore the world of food science!

Discover cool careers in research, government, and the food industry. Learn how food scientists use a variety of science disciplines, such as microbiology, chemistry, and engineering, to create safe, nutritious foods that promote health and wellness.

This session aims to introduce you to the career opportunities in the food industry. Don't miss out on this tasty adventure!



Come learn about this exciting work & bring your questions!



What's Your
SPARK
?

**via Zoom
OPEN TO ALL**



Register:

<https://tinyurl.com/4-HCES4-9-25>



Youth Development
UMASS EXTENSION

UMass Extension is a unit of the Center for Agriculture, Food & the Environment in the College of Natural Sciences. UMass Extension is an equal opportunity provider & employer. United States Department of Agriculture cooperating. Contact your local UMass Extension office for information on disability accommodations or the UMass Director if you have concerns related to discrimination. 413-545-4800 or refer to www.extension.umass.edu/civrights.

UNIVERSITY OF MASSACHUSETTS AMHERST



FRUIT DIP

INGREDIENTS

1 cup low-fat vanilla yogurt

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup orange juice

2 cups low-fat or fat-free whipped topping, thawed

Various fruits, cut into pieces (e.g., strawberries, cantaloupe, bananas, apples, pineapple, peaches, kiwi)

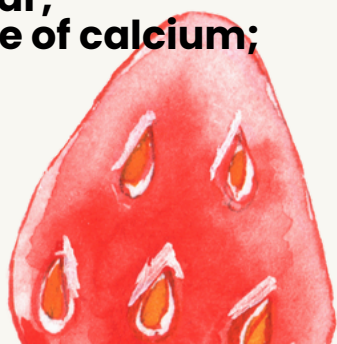
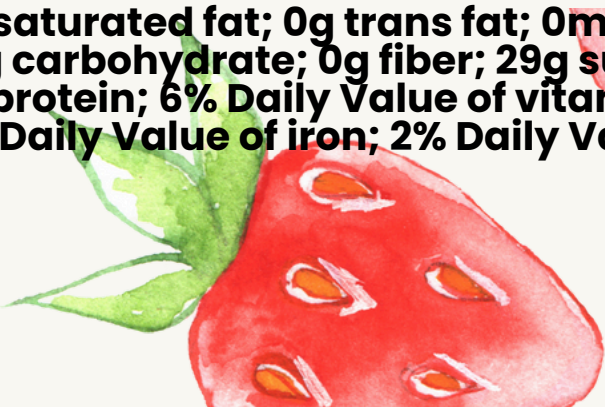


DIRECTIONS

Mix yogurt, sugar and orange juice until smooth.

Fold in whipped topping.

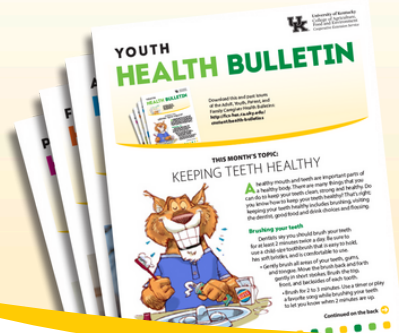
Serve with fruits.



NUTRITION FACTS PER SERVING: 190 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 60mg sodium; 32g carbohydrate; 0g fiber; 29g sugar; 17g added sugar; 2g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

YOUTH

HEALTH BULLETIN



APRIL 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

READY, SET, PLAY!

The weather is warming up, the sun

is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger.

Your body needs to move. Playing outside

Continued on the next page ➔



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Lexington, KY 40506



Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

➔ Continued from the previous page

lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.

It is also good to play outside. Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

Here are some ideas of ways to play outside:

- **Go on a nature treasure hunt:** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?



Or sticks in the shape of the letters of your name? You might have to pay attention!

- **Create an obstacle course:** Look for items in your yard, garage, or toys that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!
- **Pretend you are on an adventure:** Think about your favorite book or movie and try to re-create it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

YOUTH
HEALTH BULLETIN

Written by:

Katherine Jury, MS

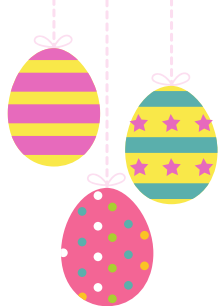
Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





APRIL 2025



***** REGISTRATION CLOSED FOR THESE CLASSES**

SUN	MON	TUE	WED	THU	FRI	SAT
		1  Beginner's Beekeeping Club - 5:30pm	2 *4-H Spring Break Applique 8-4	3 Feathers & Fluff 6:30pm 	4	5
6	7 *4-H Cloverbud Fundraiser Dinner 5:30-7:00 Livestock Judging Practice - 4pm *Sewing -4:00pm	8 Livestock 6:30pm	9 *Cloverbuds 5:30pm	10 *Home Environment 5:00pm  Target Masters Shooting Sports 6pm	11	12 *Cloverbuds 10:00am Coggins Clinic 10 - 12pm
13	14 *Sewing -4:00pm 4-H Trailblazers 6:30pm PAWS Dog Club 6:00pm 	15 *Cloverbuds 5:30pm	16 4-H Homeschool Club 10:00am	17 4-H Collecting Club 5:30pm Feathers & Fluff Education Clinic 6:30pm	18 *4-H Speech & Demonstrations County Contest 5:30	19
20 HAPPY EASTER	21 Livestock Judging Practice - 4pm *Sewing -4:00pm	22 *Home Environment 5:00pm	23 *Cooking Project 4pm	24	25	26
27	28 Livestock Judging Practice - 4pm *Sewing -4:00pm	29	30			





MAY 2025



*** REGISTRATION CLOSED FOR THESE CLASSES

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