


Hardin County 4-H NEWSLETTER



DECEMBER 2024

 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

An Agent's Wish...

When I think of the holidays, I think of twinkling lights and togetherness. 4-H brings that all year long for a 4-H agent. Watching youth find their spark is reminiscent of those twinkling lights and is one of my favorite things as a 4-H agent. Over my time here as agent in Hardin County I have not only seen them find their spark, but also add fuel to their idea and manage their project to keep that passion burning steadily. Togetherness... I see relationships building and growing in every club meeting, school program, project workshop, competition and camp week. The purpose of this message is to share that I am taking the 4-H agent position in Green County in January. As I am writing, I am reminded by something said by Winnie the Pooh. "How lucky I am to have something that makes saying goodbye so hard." I have truly been blessed to have the opportunity to be here and I am proud of our 4-H program. I hope not only the youth, but the leaders, council members and community supporters will continue to fan those flames and watch as eyes light up, just like a young child seeing holiday lights for the first time. I wish each of you a happy holiday and a wonderful new year!

Best wishes & farewell,
Sue Ann



**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.

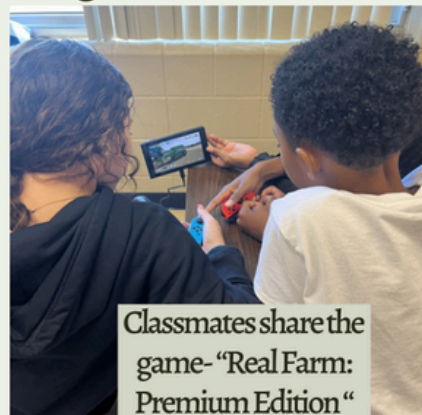


The future: Colliding Tech and Agriculture for Youth



Youth meet local beef producer and his cow, Cindy

Would you say that a cow named Cindy and a Nintendo switch are powerful learning tools that go hand in hand? For the first trimester of the 2024 school year, North Middle School students in Radcliff, KY got to experience a different side of Agriculture. They will be the first to tell you that, yes, agriculture can relate a cow to a Nintendo switch, even in an urban environment. They could even tell you they learned far beyond this topic.



Classmates share the game- "Real Farm: Premium Edition"

Technological awareness can be applied to ag practices such as precision-farming techniques, drones used for crop monitoring, or A.I. powered tools to lead to better farm practices. A younger demographic can be reached through their interest in gaming and technology.

For over 9 sessions 6th and 7th graders got to experience Esports featuring agriculture based games, meet local producers, and have a site visit to an agribusiness. This curriculum was all circled around 'Local Food Systems and Community' that was developed by a team at UK and designed for middle school aged youth.

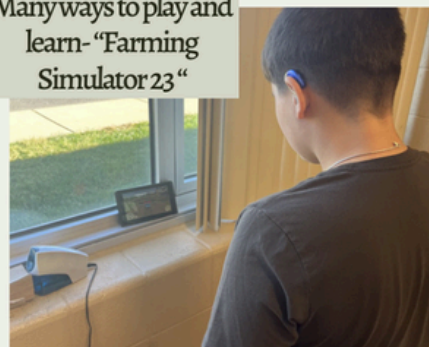


SNAP Recipe-Apple Pie Smoothie

Technology is the fastest growing asset to our youth, workforce, and personal opportunities. One area that is on a rising platform is Esports. Due to the rise in demand for these types of jobs, opportunities, and interest, the youth of Hardin County deserve an opportunity to explore this potential spark and the best part is, we can incorporate ag practices.

Youth who participated were able to share all that they had learned. 80% of the youth felt like they learned leadership skills with the help of ag based lessons. New 'sparks' were explored featuring careers in agriculture; they learned about starting a business and raising livestock. When asked about growing a connection to their local community/food system they shared, "I feel more comfortable meeting new people and speaking to them" this statement also shows the growth of their communication skills. Financial discussions were also introduced as they learned the cost of various farm equipment through the use of ag Esports.

Many ways to play and learn- "Farming Simulator 23"



BREAD IN A BAG

INGREDIENTS

- 2-1/2 to 3 cups all-purpose flour
- 1 envelope rapid yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup water
- 3 tablespoons vegetable oil



PLAN.
EAT.
MOVE.

DIRECTIONS

- Combine 1 cup flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon, resealable heavy duty freezer bag.
- Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients. Heat water and oil until very warm (120° to 130°F); add to flour mixture.
- Reseal bag; mix thoroughly by working bag with fingers.
- Gradually add enough remaining flour to make a stiff batter that pulls away from the bag.
- Remove dough from bag; knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.
- Roll dough to 12 x 7-inch rectangle.
- Beginning from short end, roll up tightly. Pinch seam and ends to seal.
- Place in greased 8-1/2 x 4-1/2-inch loaf pan.
- Cover; let rise in warm, draft free place until doubled in size, about 45 minutes to 1 hour.
- Bake at 375°F for 30 to 35 minutes or until done.
- Cool 5 minutes in pan. Remove from pan; cool completely on wire rack.

Source: Eat Smart to Play Hard; Fleischmann's Yeast

AMPLIFY
KENTUCKY 4-H



Kentucky 4-H Summit

Middle School Leadership Conference

March 20th – 22nd, 2025 | Price: \$200.00

Lake Cumberland 4-H Camp

Make friendships with 4-H'ers from across the state
Service Project | Fun Workshops | Find your spark
Opportunities to learn and grow

Register by 1/27/2025 with your county 4-H Agent
or email jocelyn.kemp@uky.edu

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SHOWCASE YOUR



4-H WRITTEN COMMUNICATION CONTEST



TALENTS

Submit your original work by Friday, January 17th by email to Jocelyn.kemp@uky.edu

Use "Written Communications Contest" in the subject line.

Must be enrolled in Hardin County 4-H. Open to youth ages 9-18.

For guidelines and questions email smeredith@uky.edu. Entries must include a cover page with category, age (4-H age as of Jan. 1, 2025), first and last name, grade, and school.

Categories include:

Infographic - *New for 2025

Original Monologue

Poetry

Press Release

Public Service Announcement

Songwriting

What 4-H Means to Me Essay

Hardin County

4-H COUNCIL MEETING

January 21 - 6:00 p.m.

**Mandatory Workshop for ALL
Volunteers!!**

Details will be emailed to you



KENTUCKY SAVES

2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2025 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: DATE October 2024
and ends on: DATE January 3, 2025

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2025. Winners also will receive a certificate.

Kentucky Saves Week:
April 7-11, 2025

Kentucky Saves:
www.kentuckysaves.org

MoneyWiSe:
fcs-hes.ca.uky.edu/moneywise

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KENTUCKY SAVES

2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



MONEYWISE
VALUING PEOPLE. VALUING MONEY.

UK Cooperative
Extension Service

2025 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office, Your County Extension Office Contact, Information may be obtained at <https://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by:
DATE January 3, 2025
3. Winning Entries at the area level must be selected by February 7, 2025.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **DATE January 3, 2025** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.

In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION

AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

DATE January 17, 2025

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES



2025 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____ **Gender:** _____

Grade: _____ **School:** _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other

YOUTH

HEALTH BULLETIN



DECEMBER 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC

WASH YOUR HANDS TO STAY WELL

There are so many fun things going on this time of year — sports, school plays and musicals, and gatherings with friends and family for the holidays. You do not want to miss any of those things because of sickness! One of the best ways to stay healthy and feel good is by washing your hands to get rid of germs.

Did you know there is a "right" way to wash your hands? Follow these steps to kill germs and keep your hands clean:

1. Wet your hands with clean, running water.
2. Turn off the tap, and apply soap.

Continued on the next page →



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Lexington, KY 40506



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I don't care
if we are
DUNG BEETLES.

GO **WASH**
YOUR HANDS!!



Wally Cat hand washing chart

This chart reminds you of all the steps to wash your hands. Talk to your parent or another grown-up about where you can hang this chart to remind you and your family of all the steps to take to get rid of germs.

Download the chart below at:
<https://fcs-hes.ca.uky.edu/files/handwashing-poster-v2-en.pdf>



→ Continued from the previous page

3. Rub your hands together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer.

There are also certain times when you should wash your hands. Wash your hands at these times:

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone at home who is sick

REFERENCE:

Centers for Disease Control and Prevention. (2023, April 11). When and how to wash your hands. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/bam/child-development/how-to-wash-hands.htm>



**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)



HOMESCHOOL CLUB NOTES

At the last Homeschool Club meeting, on November 20th, we held elections for the 4H officers. First all candidates gave speeches about themselves and why they should be voted for. Then, the members were given a chance to ask the candidates questions. After that, the candidates in each category would leave the room while everyone voted.

This year's board members are: President- Lilly Nall, Vice President- Peyton McKeever, Secretary- Lena Donehoo, Treasurer- Aliyah McCracken, Reporter- Bannon Mitsch, Historian- Ella White

After elections, we practiced team building by working together in teams to construct bridges out of toothpicks and marshmallows. We had 10 minutes to build and then it was time to see how many markers the bridges could hold. The winning team had 9!

Our next meeting is on December 18th and we are having a Christmas potluck and ornament exchange. Come and have a great time!

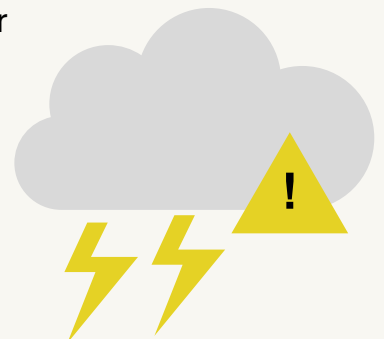
Below are our new officers being sworn in.



Article by: Bannon Mitsch

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 .





January

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|---------------------------------------|---|---|---------------------------------|
| | | | 1 HOLIDAY Office Closed | 2 Feathers & Fluff - 6:30pm | 3 | 4 |
| 5 | 6 Sewing - 4pm | 7 Beginner's Beekeeping Club - 5:30pm | 8 Cloverbuds - 5:30pm | 9 Target Masters Shooting Club - 6pm | 10 | 11 Cloverbuds 10:00am |
| 12 | 13 Sewing - 4pm Trailblazers - 6:30pm | 14 Livestock - 6:30pm | 15 Homeschool Club 10:00 am | 16 Treasurer's Club - 5:30pm Paws Dog Club 5-7pm | 17 Homeschool Officer Meeting - 10:00am | 18 |
| 19 | 20 HOLIDAY Office Closed | 21 Cloverbuds - 5:30pm 4-H Council - 6pm | 22 Cooking Project - 4pm | 23 | 24 | 25 |
| 26 | 27 Sewing - 4pm | 28 | 29 | 30 | 31 | |

4-H Calendar of Events

