

Hardin County 4-H



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

NEWSLETTER

JANUARY 2023



Cooperative Extension Service

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



For ages 9-14!
Registration forms available at the
Hardin County Extension Office.

KENTUCKY 4-H PRESENTS SUMMER CAMP 2023 TIME WARP

JULY 17-21, 2023

West Kentucky 4-H Camp
Dawson Springs, KY



\$275
Registration
Fee

ADULT MALE AND FEMALE
VOLUNTEERS NEEDED.
(Volunteer Application must be completed
along with background check)

PAYMENT PLAN:
Deposit of \$75 & completed camp forms due by
February 1st - then monthly payments of \$50 by
March 1, April 1, May 1 & June 1

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

SHOWMANSHIP CLINIC

Feathers & Fluff Club

January 19th 6:30 pm

Hardin Co. Extension Office

BRING YOUR RABBITS
IN THEIR CAGE WITH
THEIR WATER SO WE
CAN PRACTICE
SHOWMANSHIP
SKILLS
(OWNERSHIP OF
ANIMAL NOT
NECESSARY TO
PARTICIPATE)



Join us for the Winter Dash!

December 1 - February 28

I am excited to share that we will be doing the Kentucky 4-H Winter Dash again this year! This program is intended to help young people and adults in their lives stay active during the winter months.

The Kentucky 4-H Winter Dash is a self-paced marathon that goes from December 1 to February 28.

Sign up for this program by tracking your miles via the qualtrics link

https://uky.az1.qualtrics.com/jfe/form/SV_37Cv63xUiTB1F DU. There is no deadline, they can start participation at any time. Those that log 26 miles will earn a medal.



Opportunities for
all 4-Hers:



Dog Logo Contest

Submissions due Feb. 1st Winning entry will receive
one FREE Regional Dog Camp registration



Regional Dog Camp

Save the date March 25, 2023

Contact 4-H Agent Jocelyn Kemp
jocelyn.kemp@uky.edu for more
information/registration

KY 4-H DOG BOWL & SKILLATHON



MARCH 4

GRAYSON COUNTY EXTENSION OFFICE

4-H members must have 6 hours of education by March 4 to participate.
For more information contact your county 4-H agent.



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LEXINGTON, KY 40546



Coming
Soon



SPECIAL INTEREST SERIES

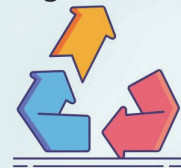
FEBRUARY & MARCH - COOKING

APRIL & MAY - GARDENING



GOODWILL MEETS 4-H - UPCYCLE CHALLENGE!

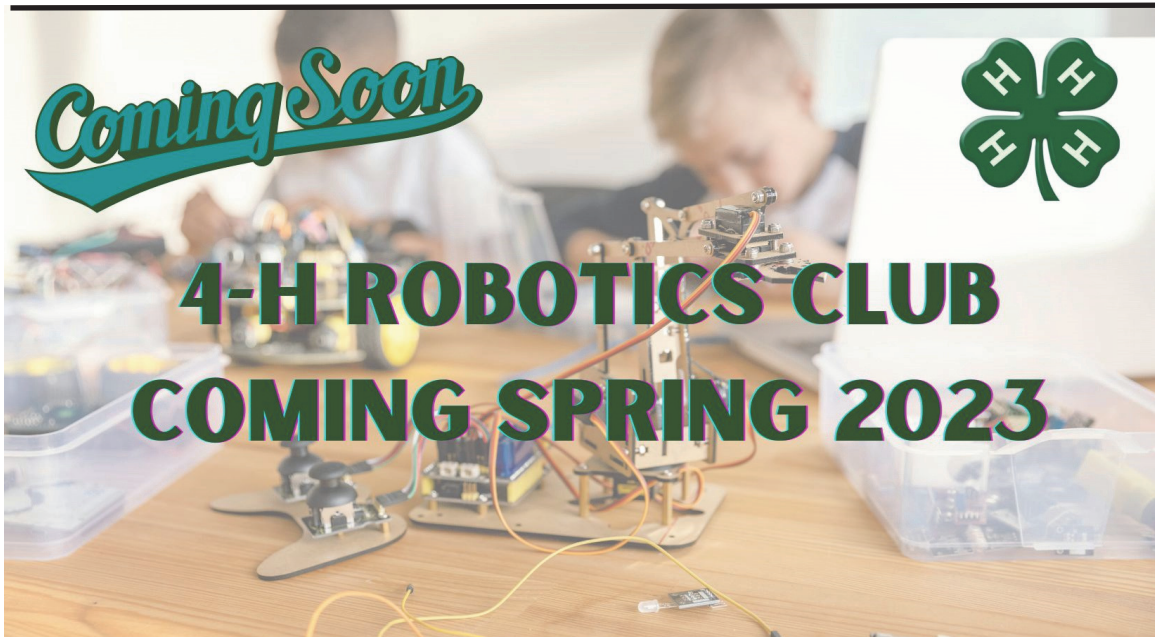
Each participant (must be in grades 8-12 to participate) will receive a Goodwill voucher, for the purpose of collecting materials from their local Goodwill store. Vouchers can ONLY be used at Goodwill locations listed on www.goodwillky.org/4H. Participants will use their sewing skills to revamp the items, turning something old into something new, based on 4-H upcycling guidelines. Watch for more information on how to register!!



Coming Soon



4-H ROBOTICS CLUB COMING SPRING 2023



KENTUCKY 4-H WRITTEN COMMUNICATIONS CONTEST

The 4-H Written Communications Contest is a state level competition for youth ages 9-18 who have a passion for writing.

Categories include:

Songwriting

Poetry


Original Monologue

Press Release

Public Service Announcement

"What 4-H Means to Me" Essay



University of Kentucky
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Cooperative Extension Service
 4-H Youth Development

DEADLINE: Monday, February 20th

Contact Hardin County Extension Agent, Sue Ann McCandless, for more information, 270.765.4121.

Entries must be submitted by Monday, Feb. 20th by email in a Word Document with Calibri size 12 font, double spaced to sue.ann.mccandless@uky.edu Use "Written Communications Contest" for the subject line. Include name, school, grade. Each writing category has specific guidelines that must be followed, contact the 4-H Agent for more information.

County winners will be selected from both Junior (9-13) and Senior (14-18) age divisions to advance to the state contest.

DUSTIN WORTHINGTON "I LOVE COWS" ESSAY CONTEST



Want to win a young Cow or Heifer?

Applicants must be an active member of
4-H or FFA

Open to any youth in Kentucky

Application Deadline – March 13



Dustin Worthington
1982-2000

Awards Program - April 4th @
Mercer Co. Extension Office



Applications are available online
<https://bit.ly/lovecowsessay> or visit the Dustin

Worthington "I Love Cows" Website for more information:

www.dustinworthingtonmemorial.org

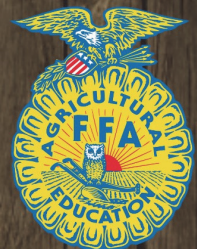
Anyone who has an interest in the cattle industry, 4-H or FFA is asked
to contribute to the fund.

Contributions to the Memorial Fund please mail to:

Dustin Worthington "I Love Cows" Memorial Fund, 436 Arrowhead
Road, Harrodsburg, Kentucky 40330



Questions please contact
Dena Worthington
859-612-7260





AgDiscovery 2023

[HTTPS://BIT.LY/AGDISCOVERY23](https://bit.ly/agdiscovery23)

AgDiscovery is a FREE summer outreach program to help middle & high school students explore careers in agricultural sciences.

As an AgDiscovery student, you'll live on a college campus for 2–4 weeks and learn from university professors and USDA experts—plant and animal scientists, biotechnologists, veterinarians, wildlife biologists, administrative professionals, and others. You'll gain hands-on experience through labs, workshops, and field trips; participate in character- and team-building activities; and join in many other fun and educational events. It's a unique chance to get a first-hand look at agriculture's many exciting career paths.

Ag Discovery 2023 will be conducted nationwide at the following Universities

- Alcorn State University June 11–24, 2023
- California State University, Fresno June 4–14, 2023
- Coppin State University July 16-29, 2023
- Delaware State University July 9-22, 2023
- Florida A & M University June 11–24, 2023
- Fort Valley State University June 12-24, 2023
- Iowa State University July 9–22, 2023
- Kentucky State University June 4-17, 2023
- Lincoln University in Missouri July 9-22, 2023
- North Carolina State University June 19-30, 2023
- Prairie View A&M University June 5-16, 2023
- Purdue University July 9-22, 2023
- South Carolina State University June 11–25, 2023
- Tuskegee University June 11-24, 2023
- University of Arizona June 12-23, 2023
- University of Arkansas Pine Bluff June 10-23, 2023
- University of Hawaii at Mānoa July 9-22, 2023
- University of Illinois Urbana-Champaign July 9-22, 2023
- University of Texas Rio Grande Valley June 11–23, 2023
- University of the Virgin Islands July 16-29, 2023
- Virginia State University June 20-30, 2023





2023 POSTER & ESSAY CONTEST

"Kentucky Agriculture is Everywhere"



Kentucky students are invited to enter the Kentucky Department of Agriculture's (KDA) annual Poster and Essay Contest, Commissioner of Agriculture Dr. Ryan Quarles has announced.

The theme of the 2023 contest is "Kentucky Agriculture is Everywhere," encouraging contestants to illustrate in words or pictures how agriculture impacts their everyday world.

"Agriculture is everywhere. It's in the things we eat, the things we wear, the places we live," Commissioner Quarles said. "Emphasizing the importance agriculture plays in our everyday lives reveals its importance in all we do and have. This year's contest allows students to give that knowledge greater thought."

Students in grades K-12 may submit a poster, an essay of 500 words or less, or a digital entry, which may be photos or original digital artwork. Each entry must include the actual written theme and be postmarked by Friday, March 3, 2023.

Winners will be notified by Friday, April 14, 2023. Winners in the poster and essay competitions will be selected in each grade. One statewide winner will be selected for digital artwork. Each winner will receive a \$100 award from Kentucky Agriculture and Environment in the Classroom and will be recognized at the 2023 Poster and Essay Contest Awards Ceremony next year. Winning entries will be displayed in Commissioner Quarles' Frankfort office and at the 2023 Kentucky State Fair in August in Louisville.

For more information, including complete contest rules and an entry form, go to <https://www.kyagr.com/marketing/poster-essay-contest.html> or contact Elizabeth Gordon, director of the KDA's Education and Outreach Division, at Elizabeth.Gordon@ky.gov or (502) 782-4125.

KENTUCKY 4-H BIOBLITZ

A BioBlitz is a citizen science event that is focused on finding and identifying as many plant and animal species as possible in a specified area over a certain period of time. Kentucky 4-H BioBlitz will be a series of month long events and observations that can be made anywhere in Kentucky!

DATES

January 2023

April 2023

July 2023

FOR DETAILED INSTRUCTIONS AND
BIOBLITZ LOG
EMAIL jvincent@uky.edu



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 4-H Youth Development

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LEXINGTON, KY 40506



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HEALTH BULLETIN



JANUARY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://hs-health-bulletins.com/content/health-bulletins>

Hardin County Extension Office
111 Opportunity Way
Elizabethtown, KY 42701
(270) 755-4121

THIS MONTH'S TOPIC:

RSV: MORE THAN JUST A COLD

RSV is a virus that can be just like a common cold for older kids but can be dangerous for babies and small children. You've probably had RSV sometime in your life. Most people catch it at least once by the time they are 2 years old. Many children get better and don't get very sick. But babies, young children, and people who have other health complications can get very sick with RSV.

Kids in school catch and pass germs like viruses often. That's because they share spaces like classrooms, bathrooms, and school buses. These germs don't usually make you very sick, but you could pass them to a younger sibling or other small child.

Continued on the next page →



Cover your nose and mouth if you sneeze. You should use a tissue and throw it away after.

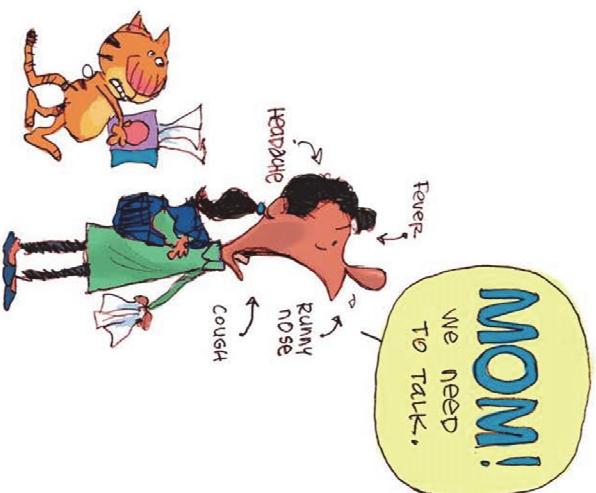
→ Continued from the previous page

If you have RSV, you might feel bad and have these symptoms:

- Fever
- Cough and/or wheezing
- Stuffy nose
- Runny nose
- Sneezing
- Headache

If you feel bad like this, tell your parent or other adult. Try not to spread your germs to others. Here are some ways you can stop the spread of germs:

- **Stay away:** Do not get close to babies or small children. Do not play with their toys or use their blankets.
- **Wash your hands:** After using the bathroom, every time you sneeze or wipe your nose, and before touching food, scrub your hands with warm water and soap for at least 20 seconds.
- **Do not share:** Keep food, drinks, or anything that touches your mouth or nose to yourself.



- **Cover your nose and mouth if you sneeze:** You should use a tissue and throw it away after.
- **Cough into your elbow:** Don't use your hands to catch germs. Using your elbow will not send them into the air.
- **Stay home from school:** If you have a fever higher than 100.4, stay home.
- **Go to the doctor:** If you feel worse or stay sick for more than two days, see a doctor.

We all get sick from time to time. But you can make good choices to help slow the spread of dangerous germs to babies and small children. As they get older, just like you, their bodies will get stronger. Then they will be able to fight off viruses like RSV.

REFERENCE:
<https://www.healthychildren.org/english/health-issues/conditions/childrens/Pages/RSV-When-Is-More-Than-Just-a-Cold.aspx>

ADULT HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Marceau
Cartoon Illustrations by:
Chris Ware (© University of Kentucky School of Human Environmental Sciences)

COOKING WITH KIDS

Wally Wildcat Superhero Muffins

- 2 cups blueberries
- 1 cup sugar, divided
- 1 1/2 cups all-purpose flour
- 1 cup whole-wheat flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1/2 cup vegetable oil
- 1 cup 1% milk
- 1 1/2 teaspoons vanilla extract
- Cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat the oven to 350 degrees F. Spray an 18-cup muffin tin with cooking spray or insert paper liners in muffin cups.
3. Place 1 cup of the blueberries and 1 tablespoon sugar in a small saucepan and simmer over

medium heat, mashing berries and stirring often, for about 6 minutes until mixture is thickened and reduced to about a 1/4 cup. Cool.

4. In a large mixing bowl, stir together the remaining sugar, all-purpose flour, whole-wheat flour, baking powder, and salt.
5. Make a well in the center of the dry ingredients. Add eggs, oil, milk, and vanilla. Whisk together the liquid ingredients. Use a rubber spatula to fold together the liquid and dry ingredients, just until moistened. Fold in the remaining blueberries.
6. Divide batter equally among the muffin cups, filling about two-thirds full.
7. Spoon approximately 1/2 teaspoon of cooked berry mixture onto each cup of batter. Use a skewer

or dinner knife to gently swirl the berry topping into the batter.

8. Bake 17 to 19 minutes until muffin tops are golden. Cool for several minutes before transferring to a cooling rack.
9. Store muffins in an airtight container for up to four days or freeze up to three months.

Makes: 18 servings
Serving size: 1 muffin

Nutrition facts per serving: 180 calories; 7g total fat; 1g saturated fat; 0g trans fat; 120mg cholesterol; 220mg sodium; 27g total carbohydrate; 1g dietary fiber; 14g total sugars; 11g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension specialist, University of Kentucky Cooperative Extension Service



RECIPE

Eggroll in a Bowl

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is

cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture to the edge of the skillet to make a hole in the middle. Crack the egg in the open area and scramble it until it is cooked through.
7. Stir all ingredients together and serve.

8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 1 cup

Nutrition facts per serving: 220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program assistant senior

HARDIN COUNTY FAIR

JULY 10-15, 2023

2023 Fair Packets Now Available
- PLANNING GUIDE INCLUDED



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 .



WINTER



S F S N O W
K J P V R H
I M I C E B
C O L D X O
Y A U E J O
Q Z C O A T



BOOT



COAT



SNOW



COLD



SKI



ICE



Sincerely,

Sue Ann McCandless *Jocelyn Kemp*

Sue Ann McCandless & Jocelyn Kemp
Hardin County Extension Agents
For 4-H Youth Development Education

sue.ann.mccandless@uky.edu

jocelyn.kemp@uky.edu





January 2023 Upcoming Events

3

BEEKEEPING CLUB

Hardin County Extension Office - 4:30 P.M.
Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu

9

PAWS DOG CLUB

4-H DOG CLUB MEETING - 6:00 P.M. - Extension Office
Contact Rebecca Otjen - Otjen4@icoud.com or Mary Tiepen - troymary7867@att.net

5

FEATHERS AND FLUFF

4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office
Contact Jordan Olson - jordanandlace@hotmail.com

9

TRAILBLAZERS HORSE CLUB

4-H HORSE CLUB MEETING - 6:30 P.M.- Extension Office
Contact Christy Douglass -standingoakranch@gmail.com

9

BEGINNER & ADVANCED SEWING

January 9, 23, 30 - 4:00 - 6:00 p.m.- Extension Office
Must have pre-registered.

10

LIVESTOCK CLUB

4-H LIVESTOCK CLUB MEETING - 6:30 P.M.
Contact Teresa Shumate - sorryfarm@gmail.com or Shaune Williams - shaune.williams@hardin.kyschools.us

12

TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.
Contact Leann Davidson - leannandavidson22@gmail.com

21

4-H CLOVERBUDS CLUB

Cloverbuds Club Meeting - 10:00 A.M. - Extension Office
Must have pre-registered.



ACCESS THE LATEST NEWSLETTER



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HARDIN COUNTY COOPERATIVE EXTENSION OFFICE
111 OPPURTUNITY WAY
ELIZABETHTOWN, KY 42701
PHONE: 270 - 765-4121

SUE ANN MCCANDLESS
County Extension Agent for 4-H/Youth Development

JOCELYN KEMP
County Extension Agent for 4-H/Youth Development

STEPHANIE MEREDITH
4-H Program Assistant

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and Natural Resources
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February 2023 Upcoming Events

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Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu

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BEGINNER & ADVANCED SEWING

February 6, 13, 20, 27 - 4:00- 6:00 p.m.- Extension Office
Must have pre-registered.

9

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