

Hardin County 4-H

 Cooperative
Extension Service



NEWSLETTER

MAY 2024



Cooperative Extension Service

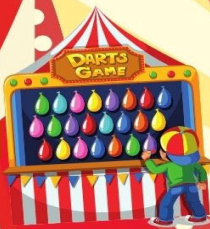
Hardin County
111 Opportunity Way
Elizabethtown, KY 42701
(270) 765-4121
Fax: (270) 769-0426
hardin.ca.uky.edu

**Going to camp? Still deciding?
Come meet fellow campers and
see what the fun is all about!**



SUMMER CAMP BLOCK PARTY

**Thursday, May 30
5:00 - 8:00 P.M.
FOR AGES 9-18**



Activities:

- Fun Games
- Fire Pit
- Hot Dogs
- Camp Songs
- Dances
- and more!!!

**Kick off your
Summer with 4-H!**

Hardin County Extension Office
111 Opportunity Way
Elizabethtown, KY 42701

**WATCH FACEBOOK FOR
MORE INFORMATION**



**One Lucky
Camper will WIN
a FREE trip to
camp!**



**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.

LAST CALL!



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

2024

4-H Summer Camp



CIRCUS

July 1 - 5, 2024

- Open to Hardin County youth ages 9-14, teens 15-17 may apply to be counselors and adult chaperones are also needed
- To register, return Camp form & \$50 deposit to Hardin Co. Extension Office.
- Final camp fees due to Ext. Office by May 31, 2024
- For more info: Call 270-765-4121, or Email hardin.ext@uky.edu
- Camp with Allen, Simpson, Warren & Hardin Co.
- Pre-registration forms available now.



5 Day
4 Night
Camp at
West KY
4-H Camp

4-H Summer Camp Fees

9-14 year olds (14 year olds that will be finishing 8th grade in May 2024) – \$200

14 year olds that are completing 9th grade – will attend as CITs - \$200

15 year olds – will attend as Jr. Teen Counselors - \$100

16-17 year olds – will attend as Teen Counselors - \$100

18+ year olds – (18 year olds specifically) they must be graduating in May 2024 to attend as adult counselor – No Charge

- **STEP 1:** Obtain pre-registration form from the Hardin County Extension Office—
<https://hardin.ca.uky.edu/4h-youth-development>
- **STEP 2:** Complete pre-registration form and **RETURN TO:** Hardin County Extension Office—
111 Opportunity Way - Elizabethtown with a \$100 deposit to reserve your spot. Spots are filled on a first come, first served basis.
- **STEP 3:** Complete full registration packet that will be given to you once pre-registration and deposit is received. **Completed packet forms are DUE no later than May 31, 2024.**
- **STEP 4:** Attend **MANDATORY** Camper Orientation on **Thursday, June 6 - 5:30 p.m.**

Questions?

Contact 4-H Agents Sue Ann McCandless or
Jocelyn Kemp at 270-765-4121.



HARDIN COUNTY 2024
4-H CAMP PRE-REGISTRATION FORM
JULY 1-5, 2024
West Kentucky 4-H Camp - Dawson Springs, KY

OFFICE USE ONLY:
Date Submitted: _____
Deposit Paid: _____
Cash/Check #: _____
Payment Plan (see back) <input type="checkbox"/>

NAME: _____
(FIRST) (LAST) (I PREFER TO BE CALLED)

ADDRESS: _____
(MAILING ADDRESS) (CITY) (ZIP CODE)

BIRTHDATE: _____ (XX/XX/XXXX) AGE: _____ (On July 1, 2024)

GENDER: Male Female

SCHOOL: _____ GRADE: _____ (Entering in Fall 2024)

Have you attended 4-H Camp before: Yes No How many years? _____

PARENT/GUARDIAN: _____
(PRINT FIRST & LAST NAME (S))

PHONE: _____ EMAIL: _____

SHIRT SIZE: (circle one): Y-Small Y-Medium Y-Large Y-XL
A-Small A-Medium A-Large A-XL A-2X

PARENT SIGNATURE: _____ DATE: _____

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THIS IS A PRE-REGISTRATION FORM USED FOR EARLY REGISTRATION

\$100 DEPOSIT

(unless using payment plan - SEE BACK)

A PACKET OF ADDITIONAL 4-H CAMP FORMS and FULL INFORMATION
WILL BE MAILED TO YOU ONCE AVAILABLE.

I WOULD LIKE TO ROOM WITH: _____

<p><u>RETURN FORM AND DEPOSIT TO:</u> HARDIN COUNTY EXTENSION OFFICE 111 OPPORTUNITY WAY - ELIZABETHTOWN, KY 42701</p>

MANDATORY



**SUMMER
CAMP
ORIENTATION
NIGHT**

**Thursday, June 6
5:30 P.M.**

**Hardin County Extension Office
111 Opportunity Way
Elizabethtown, KY 42701**

**for Campers &
Parent/Guardian**





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

HARDIN COUNTY 4-H

POULTRY BBQ

DAY CAMP



CAMP WILL FOCUS ON

- FOOD & FIRE SAFETY
- POULTRY GRILLING BASICS



JUNE 5, 2024

9:00 AM - 2:30 PM



HARDIN CO EXTENSION OFFICE

111 OPPORTUNITY WAY - ELIZABETHTOWN

RSVP:

(270) 765-4121





JUNE 11 - 14, 2024

OPEN TO YOUTH IN 9-12TH GRADES

COST: \$250

Experience college life by living on campus, attending educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion revue, Performing Arts showcase and make new friends across KY.

**APPLICATION DEADLINE:
FRIDAY, MAY 3, 2024**



sue.ann.mccandless@uky.edu



270-765-4121



Bobbins Beginner & Advanced Sewing Class

4-H Fashion Revue

**HARDIN CO. EXTENSION OFFICE
111 OPPORTUNITY WAY
ELIZABETHTOWN, KY 42701**

**SUNDAY,
May
19 2PM-4PM**



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



**REGISTRATION
COMING SOON!!**



T-SHIRTS \$12
DEADLINE JUNE 21

CLICK THE 
LINK ABOVE
**WALK OR RUN
WITH US**
SATURDAY JULY 13 7:30AM
HARDIN COUNTY 4-H FAIR 5K
TO SUPPORT THE HARDIN COUNTY
4-H
PARTICIPANTS \$25
6 & UNDER FREE
DOGS ON LEASHES WELCOME



4-H is a **community** of **young people**
 **across America** who are learning
leadership, citizenship and
life skills.

REGISTER HERE



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



Hardin County **4-H COUNCIL MEETING**

May 21st - 5:30 p.m.

Anyone with an interest in 4-H programming efforts for Hardin County youth is invited to attend!
A meal will be served.



YOUTH INNOVATORS
EMPOWERING AGRICULTURE

1890 Region Collaborative

4-H
**MENTORSHIP
PROGRAM**

We are looking for dedicated youth to be the agent of change for the future:



Scan to Apply!

GRADES 7TH -12TH

- Initial timeframe January - August
- Quarterly in-person group mentoring
- Up to 3 hours per month

Focusing On:

- College and Career
- Readiness Professionalism
- STEM

With questions, contact:

casey.townsend@kysu.edu or
patrice.thomspon@kysu.edu



Alcorn



FORT VALLEY
STATE UNIVERSITY
EMPOWER THE POSSIBLE



LINCOLN
University



N.C. A&T
STATE UNIVERSITY



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES



Scan to Apply!

MENTORING MAKES A DIFFERENCE

In 4-H, kids roll up their sleeves and do with their hands. Their experiences grow the resilience they need for life and career. Help make a difference for a young person by mentoring. We use mentoring and youth-adult partnerships to build...



HEAD
Clearer Thinking by promoting character, maintaining excellence, and upholding the mission and honored programmatic traditions of 4-H.



HEART
Greater Loyalty by embracing diversity and inclusion while encouraging and supporting innovation, youth leadership, and futures.



HANDS
Larger Service by encouraging meaningful, positive youth-adult partnerships, community service, and engagement.



HEALTH
Better Living by supporting youth to become healthy, respectful, and productive members of society.



Youth Innovators Empowering Agriculture Across America 1890 Collaborative

- Training sessions in December and February/March
- Up to 3 hours per month (1 hour per mentee) of direct mentoring
- Phone calls, Zoom, FaceTime, etc.
- Monthly check-in with program leadership (45 - 60 minutes)
- Quarterly in-person group mentoring (transportation can be arranged)
- Post evaluation/feedback (required)
- Post focus group (optional)
- Initial timeframe January - August



Scan to Apply!





Congratulations

HARDIN COUNTY 4-H SPEECH & DEMONSTRATION RESULTS **SPEECHES:**

Junior Division

Age 10:

Gage Snook -Champion/White

Age 11:

Riley Reynolds – Champion/Red

Sylar Douglass – Reserve Champion/White

Age 12:

Tatianna Wilson – Champion/White

Semia Edmonson – Reserve Champion/White

Age 13:

Ransom Carter – Champion/Blue

Senior Division

Age 14:

Carter Geer – Champion/White

Age 15:

Ady Mae Williams – Champion/White

Age 16:

Nora Kubat – Champion/Red

Natalie Reed – Reserve Champion/Red

DEMONSTRATIONS:

Junior Division

Animal Science:

Ava Moses – Champion/Blue

Team Demo:

Riley Reynolds & Sylar Douglass – Champion/Blue

Senior Division

Animal Science:

Ady Mae Williams – Champion/Blue

HARDIN COUNTY FAIR

JULY 8-13, 2024

STEP 1 DiViSiOn

- Horticulture:
- Crops, Forestry:
- Electric:
- Entomology:
- Geology:
- Arts & Crafts:
- Photography:
- Sewing:
- Needlework:
- Foods:
- Home Envmt:
- Con/ Fin ED:
- leadership/ comm:
- Trends/Tradition:

Think about what project divisions you'd like to enter.

It's a FAIR Plan!



UK Martin-Gatton
College of Agriculture,
Food and Environment

STEP 2

List class numbers and descriptions for specific projects you plan to enter

Class:	Description:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

STEP 3

Double check those requirements

Does your project need to be a certain size, demonstrate a specific skill, require any additional documentaion or statements.

ie..Folder, pictures, artist statement, able to hang

STEP 4

Be on the lookout for online registration!

Entry Days:
at Hardin County Fairgrounds

Non-perishable items
Sunday, July 7th
from 1-3pm

Horticulture, Crops,
Foods
Monday, July 8
from 9-11am

FAIR ENTRY Craft Days

Save the Date!

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

**June 11
June 19
June 27**

\$5 PER DAY

More info to follow!



2024 Livestock Validation Site Schedule

Large Animal Locations:

(time zones same as location)

- Bourbon County Fairgrounds: Monday, February 19th, 5:00-7:00 p.m.
- Pendleton County Fairgrounds: Thursday, February 22nd, 5:00-7:00 p.m.
- Kentucky Beef Expo, Saturday, March 2nd, 11:00-12:00p.m.
- Laurel County, Tuesday, March 12th, 5:00-7:00 p.m.
- Green River Beef Show, Saturday, March 16th, 8:00-10:00 a.m.

Small Animal Locations:

(time zones same as location)

- Boone County Fairgrounds, Saturday, April 27th, 9:00-11:00 a.m.
- Clark County Fairgrounds, Tuesday, April 30th, 5:00-7:00 p.m.
- Bourbon County Fairgrounds, Thursday, May 2nd, 5:00-7:00 p.m.
- Muhlenberg County Fairgrounds, Monday, May 6th, 5:00-7:00 p.m.
- Laurel County Fairgrounds, Thursday, May 9th, 5:00-7:00 p.m.
- Hardin Co. Extension Livestock Pavilion, Saturday, May 11th, 9:00-11:00 a.m.**
- Warren County (Expo Center), Tuesday, May 14th, 5:00-7:00 p.m.
- Spencer County High School, Wednesday, May 15th, 5:00-7:00 p.m.



4-H FUN



SEW, SEW, SEW



**Lakewood 4th grade School Club,
Cow Eye Dissection**

Hello Hardin County 4-H Families!

The end of the school year is quickly approaching, and summer is a busy time for 4-H all across the state of Kentucky. We hope that you are planning to join us for some fun activities and adventures this summer! Make sure that you are watching your email and our Facebook page listed under Hardin County Cooperative Extension Service to stay informed.

We hope that you have had a great end to your 2023-2024 school year, hang in there... it's almost finished!

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



BABY CHICKS!



Check out our
Hardin County 4-H
Facebook page for
updates.

Connect with us for more exciting
programs.



BREAD IN A BAG

Servings: 12 Serving Size: 1 slice



INGREDIENTS:

- 2-1/2 - 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



DIRECTIONS:

1. 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.
2. 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.
3. 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.
4. 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

140 Calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0g total fat; 0mg cholesterol; 200mg sodium; 24g total carbohydrate; 1g dietary fiber; 4g total sugars; 3g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 0% Daily Value of calcium.



**Family traditions often
begin in the kitchen**

HEALTH BULLETIN



MAY 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>

Hardin County
Extension Office
111 Opportunity Way
Elkabetown, KY 42701
270-765-4121

THIS MONTH'S TOPIC START SMART: WARM UP AND STRETCH!



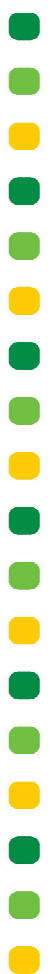
nothing like a nice SLOW WARMUP.



Fine by me!

Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page →



Cooperative Extension Service

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

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This publication was prepared by the Program Information Unit, which is available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative, Lexington, KY 40506



Disabilities accommodations available with prior notification.

Continued from the previous page

How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work. Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).



Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too.

When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible. When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,

Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together. Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

REFERENCE:
<https://dsh.health.ny.gov/enveins/sport-safety.html>



THAT'S THE SPIRIT.

Practice makes perfect.

ADULT HEALTH BULLETIN

Written by: Katherine Jung, MS
Edited by: Alyssa Simmons
Designed by: Rusty Mansour
Cartoon illustrations by: Chris Ware (@University of Kentucky School of Human Environmental Sciences)





May 2024 Upcoming Events

2/
16

FEATHERS AND FLUFF

4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office
Contact: Kate Richards creativechaosinky@gmail.com

6

4-H BEGINNER & ADVANCED SEWING

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

7

4-H BEE CLUB

Hardin County Extension Office - 5:00 P.M.
Contact Sue Ann McCandless - sue.ann.mccandless@uky.edu

9

TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.
Contact Leann Davidson - leanndavidson22@gmail.com

11

4-H CLOVERBUDS CLUB

Cloverbuds Club Meeting - 5:30 p.m. - Extension Office
Must have pre-registered.

13

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

13

TRAILBLAZERS HORSE CLUB

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

14

LIVESTOCK CLUB

4-H LIVESTOCK CLUB MEETING - 6:30 P.M.
Contact Davie Street - dstreet2611@gmail.com or
Shaune Williams - shaune.williams@hardin.kyschools.us

14

4-H CLOVERBUDS CLUB

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

15

4-H HOMESCHOOL CLUB

10:00 A.M. - 12:00 p.m.- Extension Office
Contact: Allie McKeever allison.mckeever@outlook.com



ACCESS THE LATEST NEWSLETTER



Hardin County 4-H facebook



HARDIN COUNTY COOPERATIVE EXTENSION OFFICE
111 OPPORTUNITY 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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



June 2024 Upcoming Events



6/
20

FEATHERS AND FLUFF

4-H RABBIT/POULTRY CLUB-6:30 p.m.-Extension Office
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4

4-H BEE CLUB

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Contact Christy Douglass -standingoakranch@gmail.com

12

4-H HOMESCHOOL CLUB

10:00 A.M. - 12:00 p.m.- Extension Office
Contact: Allie McKeever allison.mckeever@outlook.com

13

TARGET MASTERS SHOOTING SPORTS

4-H SHOOTING SPORTS CLUB MEETING - 6:00 P.M.
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SUE ANN MCCANDLESS
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STEPHANIE MEREDITH
4-H Program Assistant

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Disability icon
accommodated
with prior notification.