

Hardin County 4-H

 Cooperative Extension Service



NEWSLETTER NOVEMBER 2024



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

HARDIN COUNTY

SUMMER 4-H CAMP

Save The Date
June 30 - July 4, 2025

Stay Tuned

More details coming soon!

CAMPLIFY YOUR SUMMER



Sincerely,

Jocelyn Kemp *Sue Ann McCandless*

Jocelyn Kemp & Sue Ann McCandless
Hardin County Extension Agents
For 4-H Youth Development Education
jocelyn.kemp@uky.edu
sue.ann.mccandless@uky.edu




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

Connect with us for more exciting
programs.



Cooperative Extension Service

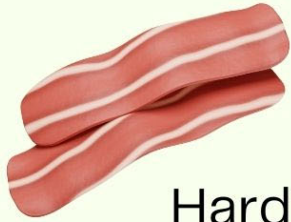
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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.



Hardin County

4-H Cooking Project

For Kids

Ages 9-18



LEARN KITCHEN BASICS, SAFETY, COOKING & MORE

NOVEMBER 18

Monday

FEBRUARY 26

Wednesday

MAY 28

Wednesday

DECEMBER 10

Tuesday

MARCH 26

Wednesday

Must be enrolled in
Hardin County 4-H

<https://4honline.com>

JANUARY 22

Wednesday

APRIL 23

Wednesday

**All classes are from
4:00-5:00 pm** at the Hardin
County Extension Office,
111 Opportunity Way, E'town



✓ Spots are limited. Call to sign up, 270-765-4121

✓ For more information, contact Hardin County 4-H Agent, Sue Ann McCandless,
sue.ann.mccandless@uky.edu



Martin-Gatton
College of Agriculture,
Food and Environment

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Agriculture and Natural Resources
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COUNTRY HAM PROJECT

Open to Junior and Senior 4-H members
ages 9-18 (as of Jan. 1, 2025)
Project Fee is \$70 and will cover
the cost of curing two hams.

Adults and Cloverbuds (ages 5-8)
may also participate.
Fee is \$50 to cure one ham.

Junior and Senior 4-H members must
also compete at the Kentucky State Fair
in August 2025.

Must attend all meetings:
January 13th - Begin Project
April/May TBD - Ham Washing
Mid April - County Speech Contest
May 6 - Area Speech Contest for those eligible
August 14 - State Fair
Dates are subject to change and additional dates
may be held.

REGISTER TODAY! Contact Hardin County 4-H
Agent, Sue Ann McCandless at 270-979-9107 or
sue.ann.mccandless@uky.edu
Deadline is December 2nd.



All participants must
have a current
enrollment form.



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Lexington, KY 40506



SHOWCASE YOUR



4-H WRITTEN COMMUNICATION CONTEST

TALENTS



Submit your original work by Friday, January 17th. Email to sue.ann.mccandless@uky.edu
Use "Written Communications Contest" in the subject line. Must be enrolled in Hardin County 4-H. Open to youth ages 9-18. 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





BBQ Sweet Potato Nachos

Servings: 4 Serving Size: ¼ of recipe Recipe Cost: \$4.56 Cost per Serving: \$1.14

Ingredients:

- 2 sweet potatoes (long and evenly round is ideal), washed and sliced into ¼ inch rounds
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ red onion, diced
- 1 (15 ounce) can black beans, drained and rinsed
- ½ bell pepper, diced
- ½ avocado, pit removed and diced (optional)
- Dressing:
 - 1 ½ teaspoons lemon juice
 - ½ cup plain Greek yogurt
 - 1 ½ tablespoons barbeque sauce
 - ½ teaspoon chili powder

Directions:

1. Preheat oven to 425 degrees F.
2. Spread sweet potato rounds on a large sheet pan and toss with olive oil, salt and pepper.
3. Roast potatoes for 10-15 minutes, toss and continue roasting for another 10-15 minutes. Meanwhile, combine ingredients for dressing in small bowl.
4. Remove sweet potatoes from oven. Sprinkle onion, black beans, bell pepper and avocado (if using) over the sweet potatoes and let cool.
5. Drizzle with dressing or use dressing to dip.

Source: Katie Shultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

300 calories; 12g total fat; 2.5g saturated fat; 0g trans fat; 5mg cholesterol; 710mg sodium; 40g carbohydrate; 9g fiber; 8g sugar; 0g added sugar; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium.



Morning Merry Mingle

OPEN TO 4-HERS 9-18

Monday, December 23rd
9 am- Noon

Enjoy holiday activities, games and baking!

★ SAVE THE DATE!
Registration coming soon!!

Light breakfast will be served.



TO MAKE THE BEST

better

'tis the season

**GIVE A CHILD
THE GIFT OF
4-H SUMMER
CAMP**

**FLASH
SALE**



EARLY BIRD REGISTRATION
\$200-must be paid in full
by December 20, 2024

Camp Dates June 30-July 1

YOUTH

HEALTH BULLETIN



NOVEMBER 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
Elizabethtown, KY 42701
(270) 765-4121

THIS MONTH'S TOPIC

GIVING INSTEAD OF GETTING

enjoy!
I made them MYSELF!



Have you ever heard of the saying, "It is better to give than to receive?" and wondered what it means? This saying means that there are more benefits to giving something to someone else than someone else giving something to you. How can it be better to give than to get?

When you are little, your parents and teachers tell you to be nice to others. They teach you how to share. While it might be hard to be kind or take turns when you are very small, you usually get pretty good at those things as you get a little older. You can probably think of lots of small ways that you wait your turn and show kindness without really thinking about it. This shows how much you have learned and grown over time!

Another way that you show kindness and share with others is to give. Giving to others is called being generous. When you are generous, you show

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Disabilities accommodated with prior notification.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents.

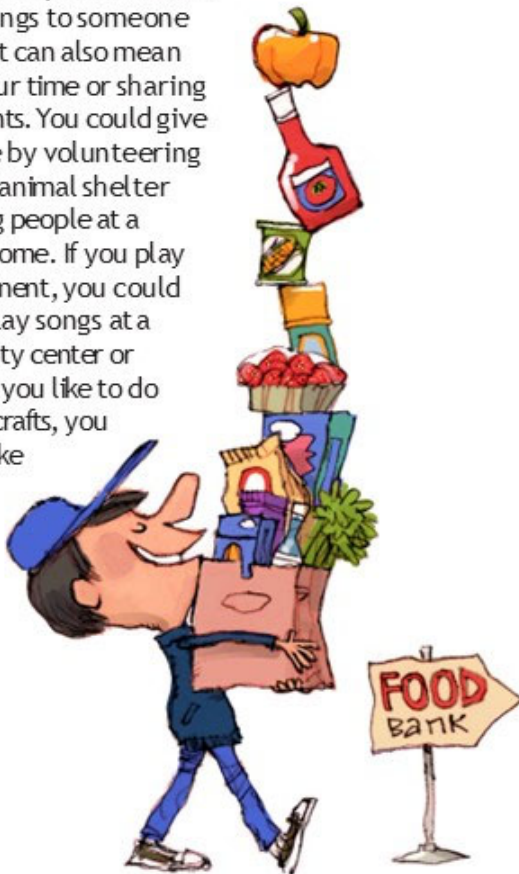
→ Continued from the previous page

generosity. There are lots of ways to show generosity — and you'll probably feel good about it, too!

Imagine you gave toys that you no longer play with to your younger brother or sister. It feels good to see their eyes light up and a smile cross their face as they get to play with toys that used to be fun for you, too. Or maybe you brought a treat to school in your lunchbox, like a favorite candy bar, and gave a piece of it to your friend. It feels good to hear them say, "thank you!" and to enjoy the treat together.

There are lots of ways to show generosity. During the holiday season especially, there are many ways to show love and kindness to others. You could give toys or clothes to other kids who need them in your town. Or you and your family could buy and give food to a local food bank for families who need it.

Generosity often means giving things to someone else, but it can also mean giving your time or sharing your talents. You could give your time by volunteering at a local animal shelter or visiting people at a nursing home. If you play an instrument, you could offer to play songs at a community center or church. If you like to do arts and crafts, you could make cards.



Then send them to people to cheer them up.

Doctors and scientists have studied what happens in people's bodies and brains when they give to others. It turns out, while you usually feel good about helping someone else, your body gets a boost, too! Giving to others helps you to feel happier and less stressed. People who give to others also tend to get sick less often. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

It turns out, that old saying, "It is better to give than to receive," is true after all!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC508200>

ADULT HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky Schod. of Human
Environmental Sciences)



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

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

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MONEYWi\$E
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



Happy Holidays!

We will be closed
this Thanksgiving

November 28-29th



SORRY, WE`LL BE

Closed

FOR THE HOLIDAYS

Happy Holidays.
We hope you enjoy this time
with family & friends.

CLOSED

December 25th



REOPENING

January 2nd, 2025

Introducing,

Vintage

Hand Quilting

Series

*English Paper
Piecing!*

 Cooperative Extension Service



Spots are limited!



Discover the art of hand-sewing different shapes into intricate patterns. This class is perfect for bonding time, fostering creativity, and creating beautiful heirlooms.

Basic sewing knowledge preferred but beginner friendly!

**First Class
November 16
9 am-11am
2024**

Let's get creative!

**Only \$10
per project**

For ages 12 & up including adults. Youth are invited to bring an adult to learn together.

- 11/16 & 30
- 12/14
- 1/4, 11, 25
- 2/8, 22
- 3/8, 29
- 4/12

Class is located at 111 Opportunity Way, E'town, KY 42701

Call 270-765-4121 with questions. Payment required at time of registration.

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4-H FUN

AG SAFETY DAY



FORESTRY FIELD DAY



4-H CARNIVAL NIGHT



LEADERSHIP











SEWING



4-H Calendar of Events

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*= Must have pre-registered					01 AWARDS BANQUET 6:00 PM 	02  *CLOVERBUDS 10 AM
03	04	05 BEE CLUB 5:00 PM 	06 *CROCHET 4:30 PM 	07 RABBIT-POULTRY 6:00 PM	08	09
10	11 *SEWING 4:00 PM HORSE 6:00 PM DOG 6:00 PM 	12 LIVESTOCK 6:30 PM 	13 *CLOVERBUDS 5:30 PM *CROCHET 4:30 PM 	14 SHOOTING SPORTS CLUB 6:00 PM 	15	16
17	18 *COOKING 4:00 PM 	19  *CLOVERBUDS 5:30 PM	20 HOMESCHOOL 10 AM *CROCHET 4:30 PM 	21 *  TREASURES 5 PM	22	23
24	25 *SEWING 4:00 PM 	26	27	28	29	30