

# Hardin County 4-H

 Cooperative Extension Service



## NEWSLETTER SEPTEMBER 2024



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

# ENROLL TODAY!

### ENROLL NOW FOR THE 2024-25 PROGRAM YEAR

#### ARE YOU A NEW MEMBER?

- Log on to [4honline.com](http://4honline.com)
- Create a new account

#### ARE YOU A RETURNING MEMBER?

- Log on to [4honline.com](http://4honline.com)
- Log in to existing account with email and password you used last year or click on forgot password.

IF YOU NEED ASSISTANCE, CONTACT THE EXTENSION OFFICE AT 270-765-4121.  
PAPER ENROLLMENT FORMS AVAILABLE FOR ANYONE WITHOUT ONLINE ACCESS.



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

Connect with us for more exciting programs.




### 4-H CARNIVAL AND WELCOME ORIENTATION

September 23, 2024 | 6 pm - 8 pm  
111 Opportunity Way - Elizabethtown, KY 42701

**ARE YOU A NEW MEMBER OR JUST CURIOUS ABOUT WHAT 4-H IS?**  
Then this is the event for you and your family! It is the beginning of a new 4-H program year and we want you to join us! Come meet existing clubs, play games, and earn prizes!

**FREE ENTRY OPEN TO THE PUBLIC**

**GAMES, PRIZES, BALLOON ANIMALS**



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](mailto:jocelyn.kemp@uky.edu)  
[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



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.



Disabilities accommodated with prior notification.

Lexington, KY 40506





# 4-H SEWING DATES

Ages 9-18 by January 1, 2025

2024-25 Mondays 4-6pm

October 14, 21, 28

November 11, 18, 25

December 2, 9, 16

January 6, 13, 27

February 3, 10, 17, 24

March 3, 10, 17, 24, 31

April 7, 14, 21, 28

May 5, 12

Fashion Revue - TBD May



Spots are limited -

Signup by email: [sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)

By Phone: 270-979-9107

Sue Ann McCandless, Agent for 4-H Youth Development  
Hardin County Cooperative Extension

### Cooperative Extension Service

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

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Come join our swarm!

# 4-H



# BEE CLUB

October 1, 2024

Ages 9-18

Hardin County Extension Office

111 Opportunity Way

270.765.4121

Sue Ann McCandless

Agent for 4-H Youth Development

[sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)



WELCOME TO OUR

# 4-H TREASURES CLUB

NEW 4-H club!

Are you interested in creating a personal collection? Want to take a collection you already have to the next level? Learn about various types of collections and hobbies, the ins and outs of the collecting process, and how to best display your items. All levels of experience welcome!

Meeting Time: 5:30 pm

Location: 111

Opportunity Way

Elizabethtown, KY

42701

270-765-4121

Ages 9-18

Free to enroll

Meeting Dates:

9/26/24

1/16/25

10/17/24

2/13/25

11/21/24

3/20/25

12/19/24

4/17/25

5/15/25



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# 4-H Homeschool Club

Join us for the new program year with Hardin County 4-H Homeschool Club! We have a great year planned where we will learn about many things including electricity, dissections, natural resources, and more. Gain your leadership and communication skills with us.

Club Meeting Dates:

9/5/24 1/15/25

10/23/24 2/12/25

11/20/24 3/19/25

12/18/24 4/16/25

5/21/25

6/18/25

Club Meeting Time:

10 am - 11:30 am

Location: 111

Opportunity Way

Elizabethtown, KY

42701

☀️ CLOVERBUDS 5-8 YEARS OLD

4-H AGE 9-18 YEARS OLD

FREE ENROLLMENT

FOR MORE INFORMATION

270-765-4121

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# HARDIN COUNTY 4-H PAWS DOG CLUB



**LEARN MORE  
ABOUT DOGS**

**MONDAY, SEPT 9 AT 6PM  
PARENTS AND YOUTH WELCOME**

**HARDIN CO EXT. OFFICE  
111 OPPORTUNITY WAY  
ELIZABETHTOWN, KY**

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Come join the herd!

# Hardin County 4-H Trailblazers Horse Club

**Meeting is Monday, September 9 at 6:30pm**

Hardin County Extension Office  
111 Opportunity Way, Elizabethtown, KY  
4-H is for youth ages 9-18, Parents encouraged to stay.  
New enrollment begins Sept 1

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# 4-H Target Masters Shooting Sports Club

**JOIN NOW!**

September 12 at 6pm  
Hardin County Cooperative Extension  
111 Opportunity Way  
Sue Ann McCandless, Agent for 4-H Youth Development  
sue.ann.mccandless@uky.edu



# Hardin County 4-H Livestock Meeting SEPT 10 TH - 6:30PM

NO animal ownership required!  
Come join the fun and learn about livestock.

**Hardin County Extension Office  
111 Opportunity Way**



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# **YOU WORK HARD IN 4-H, GET REWARDED**

## **PROJECT RECORD BOOKS**

Receive county recognition by completing project record books. Pick up at office.

## **KY 4-H ACHIEVEMENT APPLICATION**

Receive state level recognition for all your 4-H activities by completing the KY 4-H Achievement Application. Pick up at office or request an email copy.

## **COUNTY AWARD SHEET**

Receive county recognition by completing county award sheet. Pick up at office.

**ALL DUE MONDAY, SEPT. 30  
NEED HELP, LET US KNOW**

4-H Youth Development Agents:

Sue Ann McCandless - [sue.ann.mccandless@uky.edu](mailto:sue.ann.mccandless@uky.edu)

Jocelyn Kemp - [jocelyn.kemp@uky.edu](mailto:jocelyn.kemp@uky.edu)

4-H Program Assistant:

Stephanie Meredith - [smeredith@uky.edu](mailto:smeredith@uky.edu)

Hardin County Extension Office

111 Opportunity Way, Elizabethtown, KY 42701

270.765.4121

**SAVE  
THE  
DATE:  
Awards  
Banquet  
Nov 1**







# Crawford Farms PUMPKINS

crawfordpumpkins.com



## Hardin 4-H Club Night

Thursday September 26  
4:30pm - 7:00pm


**Free Admission to members on Club Roster  
and their families (\$10 Value each guest)**

- Sprigg's Playland
- Petting Zoo
- Pumpkin Palace
- Three Mega-Slides
- Rubber Duck Races
- Two Corn Mazes
- Nature Trail
- Giant Play on Hay Mound
- Spider's Lair
- Pedal Carts and more...



**\*Hayride, Barrel Train and Animal Feed For Purchase**

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 **3999 Hodgenville Road, Elizabethtown KY 42701**







# HARDIN COUNTY 4-H FALL BALE TRAIL

JOIN US FOR OUR ANNUAL 4-H FALL BALE TRAIL CONTEST  
BY DECORATING YOUR YARD OR BUSINESS WITH A HAY BALE DISPLAY.  
MUST INCLUDE ROUND OR SQUARE BALES, MUST BE FAMILY FRIENDLY.

ALL PROCEEDS WILL GO TO HARDIN COUNTY 4-H.

## Contest Categories:

### FAMILY

ENTRY FEE - \$50

WILL RECEIVE A SIGN FOR DISPLAY  
NAME LISTED ON BALE TRAIL MAP  
RECOGNITION ON SOCIAL MEDIA

### BUSINESS

ENTRY FEE - \$100

WILL RECEIVE A SIGN FOR DISPLAY  
NAME/LOGO LISTED ON BALE TRAIL MAP  
RECOGNITION ON SOCIAL MEDIA  
RECOGNITION IN 4-H BANQUET PROGRAM

## PEOPLES CHOICE AWARD!

1ST & 2ND PLACE IN EACH CATEGORY, WINNERS  
WILL RECEIVE "BALING RIGHTS"

JUDGING - FACEBOOK VOTING WILL TAKE PLACE  
FRIDAY, OCTOBER 11TH - SUNDAY, OCTOBER 27TH

Return Entry Form with payment to:

HARDIN COUNTY COOPERATIVE EXTENSION

111 OPPORTUNITY WAY, ELIZABETHTOWN KY 42701

MAKE CHECKS PAYABLE TO HARDIN COUNTY 4-H COUNCIL

SUBMIT FORM & PAYMENT BY OCTOBER 4TH, 2024





**Return form with payment by:**

**October 4, 2024**

**Hardin County Cooperative Extension**

**111 Opportunity Way, Elizabethtown, KY 42701**

**270-765-4121**

**Make checks payable to:**

**Hardin County 4-H**

**Email logos and final photos by October 11th to:**

**smeredith@uky.edu**

**Name of Sponsor:** \_\_\_\_\_

**Sponsor Level:** \_\_\_\_\_ **Family (\$50)** \_\_\_\_\_ **Business (\$100)**

**Contact Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address of Display:** \_\_\_\_\_

**Display Title:** \_\_\_\_\_

**\*All displays will need to be completed no later than Friday, October 11th.**

**Please submit a photo by Noon on October 11th to smeredith@uky.edu**

**Voting will take place from October 11th-27th. This will allow the community three weekends for families to view your displays.**

**THANK YOU FOR YOUR SUPPORT & BEST OF LUCK!!**

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Disabilities  
accommodated  
with prior notification.





# Hardin County 4-H COUNCIL MEETING

## September 17 - 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.



### HARDIN COUNTY 4-H *Achievement Program*



Don't miss your opportunity to earn funding towards Leadership Conferences and other awards and recognitions by participating in the Kentucky Achievement Program.

The purpose of this program is to recognize 4-H participants who have outstanding accomplishments by providing incentives for youth to increase their knowledge skills and abilities.

**Applications are due on Monday, September 30 or begin working for 2025**

If you need help with completing your application contact:  
sue.ann.mccandless@uky.edu  
Jocelyn.kemp@uky.edu  
or smeredith@uky.edu

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

### STEPS TO REACHING YOUR ACHIEVEMENT GOALS

#### STEP 1

Start early tracking your participation in activities, events, and any awards received.

#### STEP 2

Download or Print an Achievement Application from <https://hardin.ca.uky.edu/sites/hardin.ca.uky.edu/files/PY24%20Achievement%20Application.pdf>

#### STEP 3

Complete your Achievement Profile located on page 2 of the Achievement Application if you are a Bronze, Silver or Gold applicant.

#### STEP 4

Turn in your completed application with Profile Page and any other required documents to your agent by the deadline Monday, September 30, 2024.



#### NEXT STEPS:

Applications will be forwarded to the district level for judging if applicable. Results are not known for several months. However, review your application and start setting goals for the next program year!

### ELIGIBILITY REQUIREMENTS

\*Ages are based on the "4-H Age" which is the members age on January 1<sup>st</sup> of the program year (September 1 – August 31)

Minimum Age to Apply	Eligibility Levels
10	<b>Clover Level I</b> 25 pts – receive certificate at Teen Summit
11	<b>Clover Level II</b> 50 pts – receive certificate at Teen Summit
12	<b>Clover Level III</b> 75 pts – receive certificate at Teen Summit
13	<b>Bronze – 100 points minimum</b> Each area submits 5 applications by December 15 = 24 areas x 5 applications = 120 submitted applications and 120 selected as Bronze Competitive Achievement. Receive 33.3% Scholarship to Teen Conference
14	<b>Silver – 150 points minimum</b> Each area submits 5 applications by December 15 = 24 areas x 5 applications = 120 applications submitted and 70 selected at Silver. Receive 66.6% Scholarship to Teen Conference
15	<b>Gold – 200 points minimum</b> Each area submits 4 applications by December 15 = 24 areas x 4 applications = 96 submitted and 40 selected as Gold. Receive 100% Scholarship to Teen Conference, \$800 Scholarship to Congress
16	<b>Emerald – must have achieved prior achievement of Gold and not aged out of Kentucky 4-H</b> Youth will submit an updated application, video, and two recommendation letters by December 15. Twenty will be selected to interview at Teen Conference. Interview candidates must bring a cover letter and resume to interviews.
17	4-H members can continue to apply for Bronze, Silver, Gold, or Emerald awards if they have not already received these.
18	4-H members can continue to apply for Bronze, Silver, Gold, or Emerald awards if they have not already received these.
19	At 4-H Age 19, the applicant has "aged out" of the program and is no longer a 4-H member. However, they can apply for Bronze, Silver, Gold, or Emerald awards (if they have not already received them) in order to recognize their accomplishments during their last year of 4-H (4-H Aged 18)



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](http://www.kentuckysaves.org)

**MoneyWi\$e:**  
[fcs-hes.ca.uky.edu/moneywise](http://fcs-hes.ca.uky.edu/moneywise)

Hardin County  
Cooperative Extension Office  
111 Opportunity Way  
Elizabethtown KY 42701

(270) 765-4121

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KENTUCKY SAVES

# 2025 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



**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





# State Fair Fun

18 USC 707





## Carrot Zucchini Muffins

Cooking spray

1 cup sugar

¼ cup vegetable oil

¼ cup plus 2 tablespoons applesauce

2 eggs

¾ cup all-purpose flour

¾ cup whole-wheat flour

¼ teaspoon salt

½ teaspoon baking soda

1 teaspoon baking powder

½ teaspoon ground cinnamon

½ teaspoon ground nutmeg or allspice

¼ cup grated zucchini

¼ cup grated carrots

¼ cup raisins

¼ cup chopped pecans (optional)

Serves: 12

Serving Size: 1 muffin

### Nutrition Facts

12 servings per container

Serving size 1 muffin (59g)

Amount per serving

**Calories 170**

% Daily Value\*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 160mg 7%

Total Carbohydrate 32g 12%

Dietary Fiber 1g 4%

Total Sugars 20g

Includes 17g Added Sugars 35%

Protein 3g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 1mg 6%

Potassium 101mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

1. Preheat oven to 350 degrees F.
2. Grease muffin pans with cooking spray or use paper liners.
3. In a medium bowl, beat sugar, oil, applesauce, and eggs until well blended.
4. Sift together flours, salt, baking soda, baking powder, cinnamon and nutmeg.
5. Add flour mixture to sugar mixture, mixing all ingredients just until moistened (there will still be lumps).
6. Gently fold in zucchini, carrots, raisins and pecans into the batter.
7. Fill muffin pans  $\frac{2}{3}$  full and bake for 20 to 25 minutes.



Adapted from Sandra Bastin, *Super Star Chef Kneads a Little Dough*,  
University of Kentucky Cooperative Extension Service



# HEALTH BULLETIN



SEPTEMBER 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  
111 Opportunity Way  
Elizabethtown, KY 42701  
Phone: (270) 765-4121

## THIS MONTH'S TOPIC

### STEP INTO NATURE: TAKE A HIKE!

**W**ith fall on the way, now is the perfect time to take a hike. Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course. Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It's good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and

Continued on the next page →



*While you are hiking, try to identify trees, bushes, or animals that you see along the way.*

→ Continued from the previous page

lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

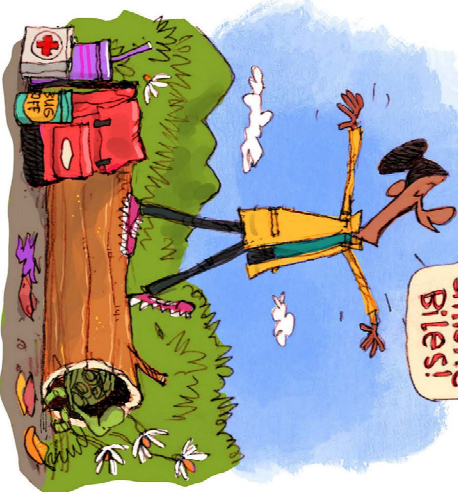
Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

#### Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails

Just call me Simone Biles!



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the "leave no trace" rule — never leave trash or a mess behind you!

REFERENCE:  
<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

## ADULT HEALTH BULLETIN

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

## MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

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Disabilities accommodated with prior notification.





# September 2024 Upcoming Events



3

## 4-H BEE CLUB

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

5

## FEATHERS AND FLUFF

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

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

9

## 4-H BEGINNER & ADVANCED SEWING

Sept 9, 16, 30- 4:00 - 6:00 p.m. - Extension Office  
**Must have pre-registered.**

9

## TRAILBLAZERS HORSE CLUB

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

10

## LIVESTOCK CLUB

LIVESTOCK CLUB MEETING - 6:30 P.M.- Extension Office  
Contact Davie Street - dstreet2611@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 - leann davidson22@gmail.com

14

## 4-H CLOVERBUDS

CLOVERBUDS CLUB MEETING - 10:00 A.M. - EXTENSION OFFICE  
**MUST HAVE PRE-REGISTERED.**

26

## 4-H TREASURER'S CLUB

5:30 p.m. - 6:30 - Extension Office  
Contact: David Akers / Email: davidakers18@yahoo.com

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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

Cooperative  
Extension Service

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



# October 2024 Upcoming Events



1

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

2

## 4-H CLOVERBUDS

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3/  
17

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## 4-H BEGINNER & ADVANCED SEWING

Oct 14, 21, 28 - 4:00 - 6:00 p.m. - Extension Office  
**Must have pre-registered.**

14

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4-H DOG CLUB MEETING - 6:00 P.M. - Extension Office  
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Shaune Williams - shaune.williams@hardin.kyschools.us

17

## 4-H TREASURER'S CLUB

5:30 p.m. - 6:30 - Extension Office  
Contact: David Akers / Email: davidakers18@yahoo.com

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## 4-H HOMESCHOOL CLUB

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

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PHONE: 270 - 765-4121

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