

DAR welcomes new officers

Captain Jacob Van Meter Chapter Daughters of the American Revolution met on June 20 at the Brown Pusey House in Elizabethtown. Regent Linda King called the meeting to order followed by DAR Rituals.

New officers for 2025-2028 were installed and are as follows:

Regent — Sharon Williams; Vice-Regent — Rebecca Miller; Chaplain — Lisa Greene; Secretary — Trish Aaron; Treasurer — Shirlet McCamish; Registrar — Ashley Narvaez; Historian — Carolyn Wimp; Librarian — Sherry Henon

Regent Linda King passed the gavel and chapter regent pin to the new regent, Sharon Williams. Sharon Williams presented Linda King with the former chapter regent pin and honorarium in appreciation of her devoted service to



Submitted
Officers for 2025-28: Carolyn Wimp, Shirlet McCamish, Rebecca Miller, Regent Sharon Williams, Lisa Greene, Trish Aaron, Ashley Narvaez and Sherry Henon.

Captain Jacob Van Meter Chapter.

Lisa Greene reported that ten members provided a 250th Birthday of the United States Army Celebration for twenty-eight veterans

at Signature Healthcare in Elizabethtown. Veterans received gift bags, enjoyed refreshments, and played bingo.

The Silent Auction raised over \$900 for the chapter with \$250 donated

to Van Meter Fort Society Children of the American Revolution and the remainder for chapter projects.

Members enjoyed a delicious potluck and fellowship.

Summer pool safety tips to remember

Pools are great spots to beat the heat and enjoy some exercise. They're also ideal spots for children to socialize with their friends away from screens.

As inviting as pools can be, it is important that swimmers recognize that safety is paramount, particularly for those who have the benefit of backyard pools. The organization Stop Drowning Now indicates that an average of 3,500 to 4,000 people drown each year in the United States, with 10 drownings occurring each day. In addition, 6,500 non-fatal injuries are treated in hospital emergency departments each year, with a significant percentage of these incidents involving children under the age of 15 injured in residential pools.

Pools are fun spaces that should not elicit fear. These swimming pool safety tips can help safeguard swimmers of all ages.

INSTALL BARRIERS

Barriers like tall, self-latching fences and gates (with vertical panels not easily scaled) can deter unmonitored entry into a pool area. Such safety precautions are mandatory in many towns and cities, even if



there is a separate fence around the perimeter of the yard. Additional safety precautions can include special ladders that roll down or lock for above-ground pools, and alarms that sound if someone opens a pool gate without homeowners' knowledge.

CLOSE SUPERVISION

Lifeguards are stationed at public pools to keep careful watch of swimmers. The role of lifeguard at pools on private properties must be filled by responsible adults. Children should never be allowed to swim without someone monitoring the water at all times. Swimmers should be asked to exit the pool in the event the adult monitoring the pool needs to head

indoors for a minute or if the adult's attention is pulled elsewhere while outside. When hosting a pool party, hosts can consider hiring a lifeguard to watch the pool so they can handle hosting duties elsewhere.

LEARN TO SWIM

Although it's possible to drown in mere inches of water, the likelihood of drowning is lower for experienced and skilled swimmers. Enroll children in swim lessons so they can learn the proper techniques. Until kids' swimming skills are strong, it may be advisable for them to wear a Coast Guard-approved life jacket when in the water. Inflatable water wings and other devices are not guaranteed life-saving devices.

KEEP THE POOL CLEAN

A pool should be properly maintained and sanitized to remain a safe space. The primary pool sanitizers include chlorine and bromine, which help prevent algae and bacterial growth. Maintaining a proper pH in the water increases swimmer comfort and helps the sanitizer work optimally.

DIVE CAREFULLY

Swimmers should always enter the pool feet-first, unless there is a diving board and a safe diving depth. The American National Standards Institute says the minimum depth of a diving board in a swimming pool is 7.5 feet, but some municipalities have their own recommendations. A depth of nine feet often is recommended for safer diving.

WALK, DON'T RUN

It's tempting to run around the perimeter of an inground pool, especially when kids are having fun. But wet surfaces become slippery, and it's easy to slip and fall, risking injury or falling into the pool water.

Swimming pool safety is vital to keep everyone out of harm's way.

Black Belt Promotions



SUBMITTED
Sallee's Family Taekwondo held their testing and belt promotion on June 6. Carter Ragland was promoted to Black Belt. Pictured with Ragland is Randal Sallee, Jr.

4-H CALENDAR OF EVENTS

4-H PRETZEL MAKING FAIR PROJECT CLASS

Thursday, June 26, 4:30 pm — 6 pm at the LaRue County Extension Service. Call the office at 270-358-3401 to register.

WRANGLERS HORSE CLUB

Tuesday, July 1, 6 pm at LaRue County Extension Service

SHOOTING SPORTS

Thursday, July 3, 6:30 pm at New Haven Gun Club

GARDENING CLUB

Tuesday, July 8, 5 pm at LaRue County Extension Service

4-H BEGINNER CROCHET WASH CLOTH — FAIR PROJECT

Monday, July 14, 10 am — 12 pm at LaRue County Extension Service. Call the office at 270-358-3401 to register.

4-H CLAY COIL POT — FAIR PROJECT

Monday, July 14, 5 pm — 6 pm at LaRue County Extension Service. Call the office at 270-358-3401 to register.

LIVESTOCK CLUB

Monday, July 14, 6 pm at LaRue County Extension Service

DOG CLUB

Tuesday, July 15, 6 pm at LaRue County Extension Service

CANOE & KAYAK

Wednesday, July 16, 6:30 pm at LaRue County Extension Service

SHOOTING SPORTS

Thursday, July 17, 6:30 pm at New Haven Gun Club

FOODS PROJECT — FAIR PROJECT

Wednesday, July 30, 2 pm — 3:30 pm at LaRue County Extension Service. Call the office at 270-358-3401 to register.

HARDIN

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But Hardin insists she had no intentions of stepping away from either job and was looking forward to cross country season starting ahead of the 2025-26 school year.

That weekend, following the meet at Green County, both the track and cross country head coaching jobs were posted on the LaRue County Schools website. Word began to spread about what was going on, and Hardin started getting text messages from former athletes, parents and fellow head coaches.

"I was completely taken aback as I had not told my athletes, nor the parents, and I hadn't planned on telling them until the end of the season as we had 14 days from May 2 until our regional track meet," Hardin said. "I wanted the focus to be on them and not on me. My husband and several of my coaching colleagues said they would have just thrown in the towel and had the athletic department find someone to finish out the season, but that isn't me. I'm not in it for the money; I was a coach for the kids and wanted them to finish out their seasons with the same successes as we had all year up to this point."

As the season wound down, the news of what had happened began to circulate even more. Former athletes reached out to Hardin, asking if there was anything they could do to help the situation, but Hardin said there wasn't anything that could be done.

Her fellow head coaches from around the area reached out to see if they could do anything to get the administration to change its mind.

"I was disheartened to hear how everything went down, and I can't understand how the school administration would not support her for a simple policy that everyone knew about and how to follow it," said Randy Kennedy, a 1990 LaRue County graduate and the head coach at North Hardin Christian.

Chris Jelks, who used to be the head coach at Elizabethtown and Taylor County high schools before moving to Union College, said he couldn't believe what happened.

"I have known and worked with Jamie Hardin for 25 years," he said. "She goes far above and beyond what

she needs to do for athletes and for the sports of track and field and cross country. I understand that schools like to go in a new direction, but in this case, it wasn't warranted."

Former LaRue County athletes took notice as well, with many of them turning to social media to voice their displeasure with the changes.

"Coach Hardin has been a pillar to my development not only as an athlete, but to my womanhood," said Autumn Agerone, a 2003 LCHS graduate. "She has been one of the most dependable people I know. I will forever be grateful for her, and I truly feel so sad for all the athletes to have missed out on her magic. The discipline, grace and trust will be missed in the XC program and track program."

Ashtian Murton, a 2008 LCHS graduate, agreed.

Not only was Hardin a coach to numerous athletes over the years, but she was also a parental figure to a lot of them.

"She has poured so much of herself into these sports," Murton said. "She is a coach who not only brings out the best in your athletic ability but also your personal growth as well. She holds you to a high standard and expects your best each day. This means holding you accountable if you miss practice or if you are slacking off during practice to just be silly. She is always easy to communicate with. She has even to this day always been there to listen to me if I need someone."

"What has happened to her this last year as a coach is not acceptable. You cannot bend the rules for one and not the others. You set a precedent and uphold it."

Looking ahead, Hardin said she isn't sure what the future holds.

For now, she intends to keep teaching at the high school — but she knows those days will be tough when the new school year rolls around in August now that she is no longer coaching.

But regardless of what eventually does happen, she has plenty of people in her corner.

"More than anything, Coach Hardin taught me that I could excel at anything I put my heart towards," 2005 LCHS graduate Brooke Gusler said. "She made track a safe place for kids who sometimes did not fit in elsewhere. She will be hard to replace and will be sorely missed."



THE LARUE COUNTY

HERALD NEWS

★ INDEPENDENCE DAY ★

EARLY DEADLINES

Our offices will be closed

Friday, July 4 in observance of

Independence Day.

Deadline for ALL advertising is

THURSDAY, 7/3 AT 10 A.M.

Call Allison at 270-358-3118, EXT # 1

for assistance.

