



NICHOLAS COUNTY 4-H NEWSLETTER

April 2024

Read NOW!



Martin-Gatton College of Agriculture, Food and Environment

"To Make the Best Better"

Hello 4-H'ers! The month of March is a busy one! In this newsletter you will find each club's flyer, as well as the calendar to stick on your fridge to keep up with all the important dates for meetings and events.

We also want to promote the opportunity to participate in the County Communications Contest. Whether you want to do public speaking, a demonstration, or a mock job interview...there's plenty of opportunities to participate and possibly earn an advancement to the the area competition. The cool thing this year, we will be hosting the the C1-C4 areas for the communication contest. This means if you win at the county level, you won't even have to leave town to compete at the next level. If you are interested in participating, scan the QR code below and we will help you the entire way from preparing to practicing for the event.

Lastly, March 5th will be our SUMMER CAMP KICKOFF Event! Space is limited and we want to encourage you to have those applications ready to go. Cloverbud Camp is on a waitlist and we anticipate Summer Camp will be no different.

For Communication Contest

SCAN ME! >>>



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Shelby Cleaver



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Ashley H. Vice



Cooperative Extension Service

Explore college, future career paths, and gain leadership skills with 4-H

LOCATION
University of Kentucky
Lexington, KY

PRICE \$250

Contact your county 4-H Agent for more info

What is Positive Youth Development?

Positive youth development is an intentional, prosocial approach that engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances young people's strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.

Visit 4-h.ca.uky.edu

Learn more about the foundations of Positive Youth Development from your county extension office. #ukyextension #illuminate4h

An Equal Opportunity Organization.

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

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Lexington, KY 40506



Disabilities accommodated with prior notification.



ADVANCED SEWING FOR 8TH-12TH GRADERS

OFFICE OPEN AFTERSCHOOL
UNTIL 4:30 FOR ANY ONE
INTERESTED IN WORKING ON
THEIR PROJECTS. PLEASE LET
US KNOW WHEN YOU WANT
TO COME!



4H Nature Club

Nicholas County Ext. Office
368 E. Main Street

April 11th
Afterschool until 4:30PM



4-H HORSE CLUB FINALE



Our last club meeting will be a field trip to Feathered Horse Farm on 1502 Cane Run Road .Parents and guardians are welcome to attend. but if you are unable to please contact us at the office to arrange transportation and permission.

April 10th afterschool til 4:30 p.m.



PHOTOGRAPHY 4-H Club

Weather pending, we will be going to Blue Licks for photos

April 26th
Afterschool until
4:30 p.m.

Meet at the office



c1-c4 Area Communication Contest

May 14, 2024
Nicholas County Elementary School
133 School Drive
Carlisle, KY 40311

Registration begins at 4 p.m.
Contest begins at 4:30 p.m.

Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative
Extension Service

**SAVE
THE
DATE!**

Livestock Luau WESTERN RIVERS JR LIVESTOCK EXPO

JUNE 14-15, 2024

JUDGING, SKILL-A-THON, FITTING
CONTEST, MEATS JUDGING, & MORE!

WILLIAM "BILL" CHERRY EXPO CENTER
MURRAY STATE UNIVERSITY
2101 COLLEGE FARM RD.
MURRAY, KY 42071

Hawaiian Shirt Contest

4-H Sewing Club



APRIL 17TH AFTERSCHOOL TIL 4:30TH
FINISHING PAJAMA SHORT PROJECTS

LAST DAY CLOVERBUDS

NEXT MEETING: April 18th afterschool til 4:30 p.m.
Nicholas County Elementary Cafeteria

Child must have their GREEN enrollment form on file to attend!

Call (859) 289-2312 if you have questions

Cooking Club

Monday, April 15th afterschool til
4:30 p.m. at LIVESTOCK BARN

Cooperative
Extension Service

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and other programs of Kentucky Cooperative Extension serve all people regardless of race or social class
and all individuals have the right to participate in our programs, training, and activities without regard to race,
color, sex, religion, national origin, marital status, age, or physical or mental disability or handicap. Reasonable accommodations of disability
may be made when the nature of the program or activity requires it. For more information, contact the local office.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative
Extension Service, Lexington, KY 40546



4-H PROJECT DAY TIRE STAMP ART

May 1st afterschool til 4:30 p.m.

*this project will be eligible for entry in County Fair.
Winning entries will advance to State Fair in August
**Space is limited to 10 youth

KIDS ART CLASS

WITH MS. LOUISE ZACHARY

APRIL 22ND AFTERSCHOOL TIL 4:30P.M.
NICHOLAS COUNTY EXTENSION OFFICE
SPACE IS LIMITED!



Exclusive

USING SOCIAL MEDIA WISELY



Social media is very much a part of our culture, with most young people and adults regularly using the outlets to connect with their friends and family. When used appropriately, social media can be very positive. However, misuse can lead to serious consequences. For example, cyberbullying has increased with the popularity of social media. In some cases, thieves have used social media accounts to target their victims.

Some social media outlets have member guidelines, such as Twitter and Facebook, that require account holders to be at least 13 years old. However, some young people falsify their ages to gain entry.

Here are some tips to help you and your children safely navigate social media platforms.



- Ensure you and your child use your real names and ages when activating social media accounts.
- Don't post personal information, such as social security numbers, home addresses, phone numbers and details about when you're on vacation or not home, on social media sites to avoid becoming a target for thieves.
- Make sure you and your child personally know each person listed as your friends or followers.
- Use social media privacy settings but realize that what you say on social media is never really private.
- Monitor your child's accounts and your friends' and followers' feeds to ensure no one has posted private or inappropriate information about you or your family. Ask your friends to remove any information involving you or your family that you feel is inappropriate or private. Remove tags from any inappropriate photos your friends may post of you and your family.
- Remind your child that what they say and do online can have real-life consequences, both now and in the future.
- Encourage your children to talk to you if someone's online behavior makes them feel uncomfortable or threatened.

YOUTH

HEALTH BULLETIN



APRIL 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>

Nicholas County Extension Office
368 East Main St
Carlisle, KY
40311
(859)289-2312

THIS MONTH'S TOPIC

WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a BIG job — helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

Continued on the next page →



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4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

Lexington, KY 40506

If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

→ **Continued from the previous page**

It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

PROMPT response is VERY important!



A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.



Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

ADULT HEALTH BULLETIN



2024 4-H SHOOTING SPORTS CALENDAR

ALL PRACTICES BEGIN AT 6 P.M.

- HUNTER'S ED OPPORTUNITY
- ARCHERY, RIFLE, PISTOL, BP, PRACTICE
- TRAP PRACTICE
- 2024 STATE COMPETITION

*INDICATES MAKEUP PRACTICE DAYS

MARCH						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11*	12	13
14	15	16	17	18*	19	20
21	22	23	24	25*	26	27
28	29	30				

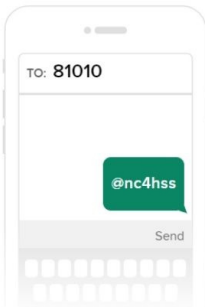
MAY						
S	M	T	W	T	F	S
			1	2*	3	4
5	6	7	8	9*	10	11
12	13	14	15	16*	17	18
19	20	21	22	23*	24	25
26	27	28	29	30*	31	

JUNE						
S	M	T	W	T	F	S
						1
2	3	4	5	6*	7	8
9	10	11	12	13*	14	15
16	17	18	19	20*	21	22
23	24	25	26	27*	28	29
30						

JULY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11*	12	13
14	15	16	17	18*	19	20
21	22	23	24	25*	26	27
28	29	30	31			

AUGUST						
S	M	T	W	T	F	S
				1*	2	3
4	5	6	7	8*	9	10
11	12	13	14	15*	16	17
18	19	20	21	22*	23	24
25	26	27	28	29*	30	31

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5*	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



ALL PRACTICE UPDATES WILL BE SENT EACH WEEK USING THE APP REMIND. PLEASE TEXT @NC4HSS TO THE NUMBER 81010 TO JOIN THE NICHOLAS COUNTY SHOOTING SPORTS GROUP.

NICHOLAS COUNTY FAIR ENTRIES

Floral Hall will begin accepting entries June 10th from 1 p.m. - 4:30 p.m.

*Please see State Fair Catalog for entry information at: <https://4-h.ca.uky.edu/kentucky-4-h-state-fair-o>

*Winning participants will advance to the Kentucky State Fair in August

2024 Kentucky State Fair 4-H Catalog

- Arts 6029
- Crops 6018
- Consumer & Financial Education 6040
- Country Ham 6013
- Dairy Judging Contest 6012.1
- Companion Animals 6011.4
- Electric 6021
- Entomology & Honey 6026
- Foods 6035
- Fair Recipes
- Food Preservation 6036
- Food preservation recipes
- Forestry 6027
- Geology 6028
- Home Environment 6039
- Horticulture & Plant Science 6015
- Horticulture Contest 6016
- Land Judging 6019
- Lawn Tractor 6023
- Leadership 6041
- Work Force Preparation 6041.1
- Civic Engagement 6041.2
- Needlework 6033
- Petroleum Power (tractor) 6022
- Photography 6030
- Poultry Judging 6014
- Avian Bowl 6014.1
- Poultry Showmanship 6014.2
- Rabbits 6009
- Sewing 6032
- Tobacco 2101
- Trends 6042
- Wood Science 6025

Fair Entry Categories



◆ Nicholas County Fair Livestock Shows ◆

— June 12-15, 2024 —

- 📍 3-5 pm check-in
- 📍 6 pm show {beginning w/ showmanship (oldest to youngest), breeding, market}
- Wednesday 6/12- Breeding heifers & market steers/heifers
- Thursday 6/13- Commercial ewes & market lambs
- Friday 6/14- Wether dams & market goats
- Saturday 6/15- Breeding gilts & market hogs

April 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 	1 8	2 9 Shooting Sports Practice	3 10 Trap Practice Horse Club	4 11	5 12	6 13 
14	15 Cooking Club	16 Shooting Sports Practice	17 Trap Practice Sewing	18 Cloverbuds 	19	20
21	22 Art Class with Ms. Louise	23 Shooting Sports Practice	24 Trap Practice	25	26 Photography	27 
28 	29	30 Shooting Sports Practice				



Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

