



NICHOLAS COUNTY 4-H NEWSLETTER

May 2024



Martin-Gatton College of Agriculture, Food and Environment

Read NOW!

"To Make the Best Better"

Inside this month's newsletter you will find information on fair entries for County Fair. I want to encourage each of you to begin thinking and working on entries. There are so many opportunities in the categories to have a unique entry. We also have project day coming up that involves tire stamping. If you haven't registered, we still have space! Also, a friendly reminder that if you earn a blue ribbon at county level, your project will advance to the Kentucky State Fair in August and we will give you 2 free admission tickets to go and see your project on the big stage!

Also included in this month's newsletter is the 2023 Report to the People. Our office is including this in each of the newsletters we mail out to our mailing list for you to review. As always, if you know of a specific county need or have a program you would like to see, please do not hesitate to bring us those ideas. We are always looking to grow!

Lastly, most of our clubs have wrapped up with the exception of Shooting Sports which is just kicking off and one last sewing club meeting. Thank you all for a wonderful program year and for your active participation to help us grow Nicholas County 4-H!

- 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



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Ashley H. Vice

For Communication Contest



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.

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 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

4-H Sewing Club

MAY 13TH AFTERSCHOOL TIL 4:30TH
FINISHING PAJAMA SHORT PROJECTS

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-0>

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

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.

Carlisle- Nicholas County FARMERS MARKET

Come join us for the opening day for the Farmers Market. In season produce along with homemade baked goods, eggs, crafts honey and more

MAY 11TH 2024
9:00AM - 1:00PM OR
SELL OUT

Market Location:
250 S. Walnut St. Carlisle, KY 40311
Volunteer Fire Dept Parking Lot

◆ 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

Exclusive

REGISTER NOW FOR THE 100TH ANNUAL KENTUCKY 4-H TEEN CONFERENCE



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



Registration is now open for the 100th anniversary celebration of the Kentucky 4-H Teen Conference, to be held June 11-14 on the University of Kentucky campus in Lexington.

For 100 years, the conference has brought teens from across the commonwealth together to develop life skills, leadership competencies and communication abilities. This year's four-day event is hosted by Kentucky 4-H Youth Development and Cooperative Extension Service at the UK Martin-Gatton College of Agriculture, Food and Environment.

In addition to the conference's packed agenda of enriching activities and fun social events, teen delegates will experience the independence of collegiate life while living in dorms, enjoying meals at "The 90" Fresh Food Company dining

service and engaging with their peers in academic and student-life facilities on campus.

This year's conference marks the historic centennial celebration of the annual gathering, which was originally launched in 1924 as a platform for the state's youth to gather, learn and engage in meaningful activities together. During its early years, the conference focused mainly on agricultural education, rural life and leadership development. Over time, it expanded its scope to encompass a broad range of interests including art, science and civic engagement.

However, its emphasis on developing confident and capable leadership skills for young people from all parts of Kentucky has remained consistent.

This year's theme, "Illuminate 4-H," symbolizes enlightenment, growth and the promise of tomorrow. Featured events at this year's conference will include a fashion revue, the Clover Fest, a Day of Service volunteering opportunity, state 4-H officer recognition, the recognition of future Teen Board members, presentation of the 4-H Emerald Awards and the 4-H Achievement Awards recognition.

The cost to attend this year's conference is \$250 per person. Those wishing to share their 4-H experience at the conference this year can do so by using the hashtag #illuminateky4h.

YOUTH HEALTH BULLETIN



MAY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <https://fcs-hes.ca.uky.edu/content/health-bulletins>

Nicholas County Extension Office
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THIS MONTH'S TOPIC: START SMART: WARM UP AND STRETCH!



Continued on the next page →



➔ **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.

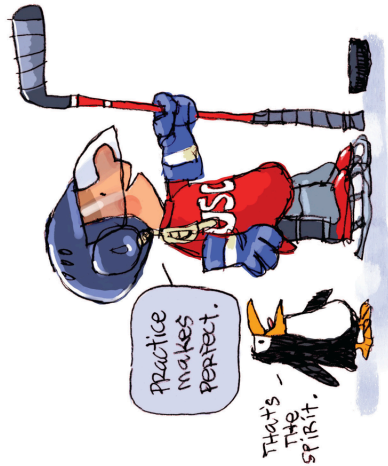
Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

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.

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,



REFERENCE:

<https://kidshealth.org/en/teens/sport-safety.html>

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



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

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.

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.

REPORT TO THE PEOPLE

NICHOLAS COUNTY



2024



Did you know? According to the US Census Bureau, the population of Nicholas County increased 9.3% between 2010 and 2022. Our county is growing and Nicholas County Cooperative Extension is here to support that growth by connecting the community to the University of Kentucky, Kentucky State University, and the world.

For more information, please contact us at:

Nicholas County Extension Office
 368 East Main Street, Carlisle, KY 40311
 (859) 289-2312 or email: nicholas.ext@uky.edu



Nicholas County Cooperative Extension



<http://nicholas.ca.uky.edu>

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Disabilities with prior notification



Family and Consumer Sciences

University of Kentucky
 College of Food, Drug, and Environment
 Cooperative Extension Service
 Family and Consumer Sciences

Disaster Preparedness

Kentuckians have experienced firsthand how natural disasters can occur any time and often with little warning. Disasters take many forms, and we can feel their impacts across most areas of family life. Because there is no “one-size-fits-all” disaster model, planning community outreach can be challenging, and Cooperative Extension is often involved in disaster preparation and response at the local level.

As a result of local needs, the County Extension Agent for Family and Consumer Sciences in Nicholas County hosted a workshop to share information with members of the community on September 5th in recognition of Disaster Preparedness Month. The focus of this event was on share information on protecting both their family and home, food and water safety, family finance and resource management, as well as the opportunity to purchase a disaster preparedness kit. Participants were recruited through the social media platforms the county extension office uses, as well as through an article on disaster preparedness and the event opportunity in the local newspaper. Eleven individuals participated in the programming, with word of mouth spreading after the event from other citizens wanting additional information on disaster preparedness kits.

Following the event, participants completed evaluations. 100% of participants gained a better understanding of steps they could take in preparation of natural disasters. 100% of participants increased their understanding of how to find reliable resources on disaster preparation and/or response. Further, 100% of participants can better identify what items they should include in a disaster kit. Most importantly, 9 of the 11 participants purchased a ready-made disaster kit from the extension office, and 2 reported they created a kit upon completion of the program that fits their needs and 100% of participants shared in the follow-up evaluation that they intend to create a disaster response plan to share with their family.

Participants specifically shared the most significant things they learned from the event were.....

1. How to sanitize water with the proper bleach to water ratio
2. To be prepared in regard to the medicine I take that is critical for my survival and have it on hand and ready
3. Preparedness is everything and can certainly mean a life or death situation when Mother Nature strikes
4. The home inventory worksheet was beneficial to put in my fireproof waterproof bag

Programs Offered

- Bingeocize
- Real World 101
- Cooking Through the Calendar
- Laugh and Learn
- Disaster Preparedness Event
- Scams and Fraud Prevention
- Cast Iron Cooking Health You
- Money Habitudes
- AARP Safe Driving Course
- Food Preservation Homebased
- Microprocessor
- Food Preservation
- Tacos and Trivia
- Women's Health Issues Seminar
- Go Red Event



Ashley Vice, FCS/4-H Agent

4-H YOUTH DEVELOPMENT



Nicholas County 4-H Youth Programs

- Livestock Judging
- Cooking
- Cloverbuds
- Horse
- Sewing
- Shooting Sports
- Teen
- Photography
- Nature
- Livestock Skillathon

Thriving with Summer Camp

Kentucky 4-H believes in providing positive youth development experiences that allow youth to experience belonging, mastery, independence, and generosity. Nicholas County youth are fortunate enough to receive those experiences right here in their own backyard at North Central 4-H Camp. Nicholas County Cooperative Extension Service provided 93 campers, 16 teen leaders, and 10 adult leaders the opportunity to attend summer camp during the summer of 2023. This was an increase of 21 campers and 3 teen leaders from 2022. Nicholas County 4-H was recognized for reaching a camp milestone by having the second highest camp attendance in history.

Summer camp allows youth the opportunity to develop a sense of belonging, gain independence, and develop social skills. The youth learned responsibility that is acquired through independent living in a group setting to manage their belongings. They also learn how to work together, take on new challenges, and learn skills through the programming that is offered.

Aside from the many ways our campers develop, our Teen Leaders develop leadership skills through their ownership in the programming offered. Teen Leaders take on the responsibility of taking care of younger campers, learn to work as a team, and create bonds with youth under their care that last a lifetime.



AGRICULTURE & NATURAL RESOURCES



Shelby Cleaver
ANR/4-H Agent

In collaboration with the Nicholas County Soil Conservation, soil samples brought into the office from producers are tested at the University of Kentucky to assist Nicholas Countians in making decisions that will improve and ensure quality crops for the upcoming growing season. Soils brought in for testing included garden, alfalfa, grasses, corn, soybean and tobacco soils. Soils are tested for pH, P205 and K20. Benefits of soil testing include the specific reporting allows producers to make timely decisions on amendments in their soils to ensure the correct amount of lime, potash and/or phosphate into their ground for their crops.



The Nicholas County Agriculture Agent recognizes the benefits of planting and replacing tree and their importance in maintaining a healthy environment and ecosystem. Trees play a vital role in absorbing carbon dioxide, a major greenhouse gas, from the atmosphere, helping to mitigate climate change. They also provide habitat and food for wildlife, contribute to soil health, and help regulate local temperatures. Additionally, trees offer numerous benefits to humans, such as improving air quality, reducing noise pollution, and providing shade and beauty to urban areas. By planting and replacing trees, we can ensure that future generations can continue to enjoy these benefits and live in a more sustainable world. Seeing these benefits, the Nicholas County ANR agent provided 350 free tree seedlings to citizens of Nicholas County in 2023.



EDUCATION OFFERED TO PRODUCERS

- BQCA- Beef Quality Care Assurance
 - This program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence through content ranging from herd health to record keeping.
- PPAT- Private Pesticide Applicator Training
 - This program allows producers to gain knowledge and expertise, as well as gain certification for use of pesticides that they may apply.
- Master Gardener Program
 - This program enables about botany, tree identification, soils, propagation, disease and insect identification, and much more. Complete the program requirements, then use your new knowledge by volunteering 40 hours at Extension-approved sites in order to become a Certified Master Gardener!

IMPACT SNAPSHOT

Soil Samples collected and tested

92

Trees distributed at first annual tree giveaway

350

May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Cinco De Mayo 	6 	7 Shooting Sports at 6 p.m.	8 Trap at 6 p.m.	9 	10	11 FARMERS MARKET GRAND OPENING AT 9 a.m.
12 Mother's Day 	13 4-H Sewing Club 	14 Shooting Sports at 6 p.m.	15 Trap at 6 p.m.	16	17	18
19	20	21 Shooting Sports at 6 p.m.	22 Cooking Through the Calendar at 11 a.m. Trap at 6 p.m.	23 NCHS Class of 2024 Class Night	24	25 NCHS Class of 2024 Graduation
26	27 Memorial Day 	28 Shooting Sports at 6 p.m.	29 Trap at 6 p.m.	30 	31 National Smile Day 	



Confetti Chicken Quesadillas

1 small green bell pepper, seeded and diced
1 small red bell pepper, seeded and diced
1 tablespoon hot pepper, minced (optional)

1 pound skinless, boneless chicken breast, diced
1 (1 ounce) packet fajita seasoning mix
1 tablespoon olive oil

10 (10 inch) whole-wheat tortillas
1 (8 ounce) package reduced fat cheddar cheese, shredded

Preheat the broiler and prepare baking sheet with non-stick spray. **Toss** the diced chicken with the fajita seasoning and place on the baking sheet. **Spread** chopped peppers on baking sheet. **Place** under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. **Brush** skillet with oil and heat to medium. **Place** one tortilla in skillet. **Layer** half of tortilla with approximately one-third cup chicken

and pepper mixture. **Sprinkle** with 3 tablespoons cheddar cheese. **Fold** over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. **Cut** each quesadilla into wedges and serve with salsa, if desired.

Yield: 10 servings

Nutritional Analysis: 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein



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

