



NICHOLAS COUNTY 4-H NEWSLETTER

UK Martin-Gatton College of Agriculture, Food and Environment

“To Make the Best Better”

Read NOW!

February 2025

February is Heart Health Month, making it the perfect opportunity for 4-H'ers like you to learn about the importance of caring for your heart! Heart health involves making healthy choices that can keep your heart strong for years to come. Whether it's staying active, eating a balanced diet, or managing stress, every small step you take counts. As a 4-H member, you have the chance to lead by example, encouraging your friends and family to stay heart-healthy too. Start by setting goals for yourself, like taking walks outside, trying new heart-healthy recipes, or learning more about the risks of heart disease. Remember, small changes can lead to significant improvements, and it's never too early to take care of your heart!

With February comes a shift in focus toward 4-H Summer Camp, and we hope you're making plans to “CAMPLIFY” your summer with us from July 7th to 10th! Please keep an eye on our Facebook page for information about the application release date. This year, girls will be in cabins 5, 6, 7, and 8, while boys will be in cabins 15, 16, 17, and 18. That's right, we are moving from the hill! We have lots of new fun in store this year, so mark those calendars for the greatest week of the year!

Lastly, in this newsletter, you will find all the important dates for upcoming club meetings. Be sure to RSVP when you receive your REMIND text to assist us with planning and materials.

See you soon!

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Shelby Cleaver



UK Ashley Vice
County Extension Agent for FCS/4H
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368 East Main Street
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Ashley H. Vice

FARM & FAMILY NIGHT

Save the Date:

March 11th, 2025



Presenting our Title Sponsor



Tickets available after February 3rd

Questions? Call (606) 301-6118



WORKFORCE SOLUTIONS

4-H SUMMER CAMP

SAVE THE DATE



JULY 7- 10TH, 2025

BOURBON-ANDERSON-NICHOLAS NORTH CENTRAL 4-H CAMP

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.

AG ADVENTURE



February 20th
Afterschool at office til 4:30 p.m.

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



SAVE! THE DATE! **2024-2025**
PHOTOGRAPHY Club FEBRUARY 7TH

• **February 7th**
GREAT NEWS! We have had cameras donated!

No camera is required BUT if you have one, please bring it or a cell phone.
Meeting is at the office!

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



4-H Club NEWS



4-H HORSE CLUB



February 5th
Afterschool at the office
until 4:30 p.m.

Make sure you have joined REMIND!

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506



Cooperative Extension Service
Nicholas County
University of Kentucky
College of Agriculture, Food and Environment

Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky

NICHOLAS COUNTY 4-H LIVESTOCK



JOIN US
EVERY TUESDAY EVENING AT!
6:00 P.M.
No Animal Required!
At Livestock Barn



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

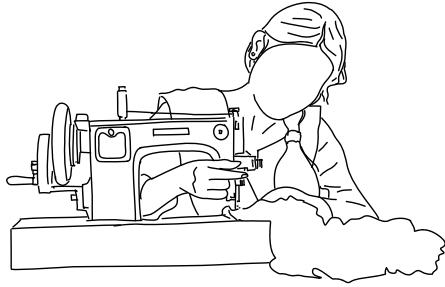
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Nicholas County, Cooperating, Lexington, KY 40506



Cooking Club

February 25th
Livestock Barn until 4:30 p.m.

***Space is limited. Please RSVP to the REMIND text when meeting invitation goes out!**



4-H Sewing Club

February 11th

Afterschool until 4:30 p.m.

SAVE THE DATE

Teen Club

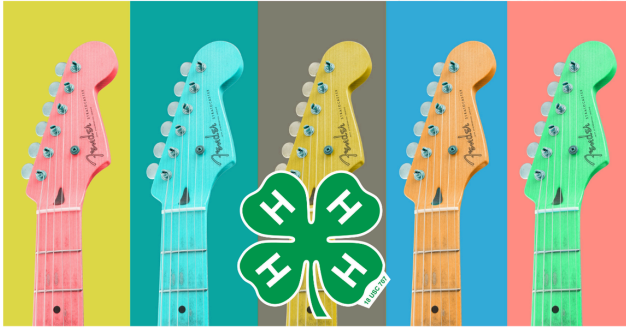
SAVE THE DATE

February 28th
Office until 4:30 p.m.
Community Service Project

Middle and High school aged youth learn about leadership, civic engagement and having fun.

4-H SEWING CAMP

JOIN US FOR 4-H SEWING CAMP ON SATURDAY, FEBRUARY 8TH FROM 9-2 P.M.. BREAKFAST AND LUNCH WILL BE SERVED. THIS ALL DAY SEWING CAMP WILL ALLOW US TO MAKE PROGRESS ON FINISHING PROJECTS AND STARTING NEW! THIS IS ONLY OPEN TO CURRENT 4-H SEWING CLUB MEMBERS.



STRUM AND GROW 4-H

GUITAR CLUB

**FEBRUARY 6TH
AND 20TH**

**OPEN TO
AGES 9-18**

**SPACE IS
LIMITED**

Afterschool until 4:30 p.m. at the Neal Building



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Family and Consumer Sciences
4-H Youth Development
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NATURE CLUB

February 13th

**Afterschool at the office until
4:30 p.m.**

Join us



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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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**SHOWCASE
YOUR
TALENTS**



**4-H WRITTEN
COMMUNICATION CONTEST**



**Communication
Contest**

The Kentucky 4-H Written Communication Contest is your chance to shine and boost your communication skills! Whether it's poetry, songwriting, essays, original monologues, or designing infographics this contest has something for everyone.

Participating will help you enhance your writing, reading, and personal communication abilities—skills essential for success in all areas of life. Plus, it's a fantastic way to express your creativity and get recognized for your talents!

Don't miss this amazing opportunity to grow and showcase your skills. Join the contest and let your words make an impact!

DUE FEBRUARY 1st! #amplifyky4h



**February 24th at
NCES cafeteria until
4:30 p.m.**

**Cooperative
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Disability accommodations with prior notification.

26th Annual Beef Expo Judging Contest

Saturday Δ March 1, 2025 Δ Louisville, KY

Open to all 4-H and FFA members



ATTENTION COACHES!

Pre-Registration is suggested by Wednesday February 26th, 2025 at

<https://forms.gle/Tkjq6KqxZvHSwnq9A>



- Judging Contest is open to 4-H and FFA team members.
 - Entry Fee: \$10.00 per person -make checks payable to KY Beef Expo.
 - Teams will consist of a maximum of 4 and a minimum of 3 contestants. The 3 high individual scores will count for the team score.
 - Co-county teams are allowed.
 - Contestants not designated on a team may compete as individuals.
 - Teams will be separated into Junior and Senior divisions.
Juniors: 9-13 years of age as of Jan. 1, 2025
Seniors: 14 years of age and older as of Jan. 1, 2025
 - Senior contestants will give a minimum of 2 sets of oral reasons.
 - Junior contestants will have 1 question class for tie breakers.
 - Contest will be held at the Kentucky Expo Center Pavilion.
 - Contest will consist of 5 cattle classes. -subject to change if needed.
 - Registration: 6:45 -7:45a.m. ET in New Market Hall*
 - Orientation will be at 7:45a.m. ET*
 - Contest will be begin at 8:00a.m. ET*
 - Awards presented at 2:30p.m. ET*
- *all times are subject to change if needed.

**Thank you to all our sponsors and those who assist with the
Beef Expo Judging Contest!**

For any questions please email Lashley.Stith@ky.gov

YOU ARE INVITED TO

**Area C1- C2 4-H
Middle School
Retreat**

**FEBRUARY 16-17
2025**

**THERE WILL BE LOTS OF FUN
ACTIVITIES, WORKSHOPS, AND
FUNSHOPS FOR MIDDLE SCHOOLERS.
THERE WILL ALSO BE A VALENTINES -
THEMED DANCE AND A MOVIE!**

\$60

**CLARK COUNTY EXTENSION
OFFICE, 1400 FORTUNE DR,
WINCHESTER, KY 40391**

**FOR MORE INFORMATION CONTACT YOUR
COUNTY 4-H AGENT**



**Kentucky State 4-H Livestock Quiz Bowl
and Skillathon Contests**

Quiz Bowl: Friday February 14th 1:30 p.m.

Skillathon: Saturday February 15th 8:00 a.m.

L.D. Brown Ag Expo Center

406 Elrod Rd, Bowling Green, KY 42104

- Registration will be through 4-H Online
- Please make checks payable to:
 - Kentucky 4-H Foundation (Memo: State 4-H Livestock Quiz Bowl/Skillathon)

Registration Details:

- Registration opens 1/6/2025
- Registration closes 1/28/2025
- Quiz Bowl Team: \$110.00
- Skillathon Team: \$100.00
 - Skillathon Ind.: \$25.00
- Contact Wyatt Banks for details at jlba312@uky.edu

**Cooperative
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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FEBRUARY 2025

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 Street
Carlisle, KY
40311
(859) 289-2312

THIS MONTH'S TOPIC

GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

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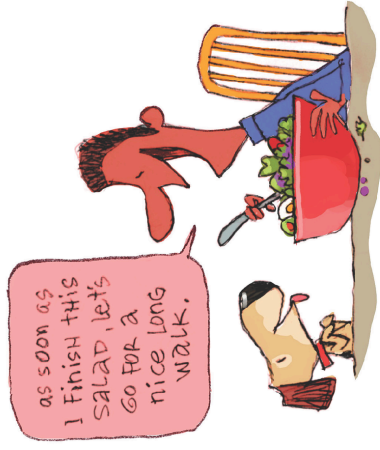


Disabilities accommodated with prior notification.

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- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.

- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.

Write a positive affirmation.

There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

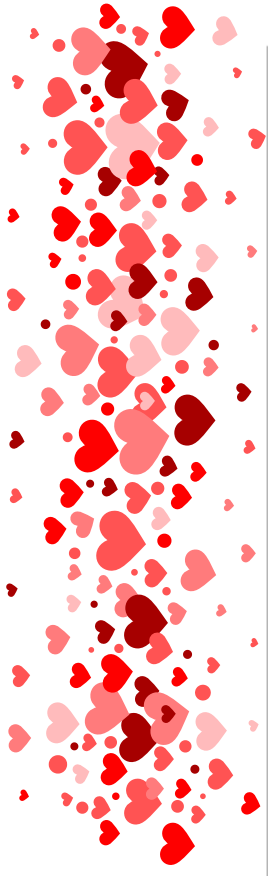
REFERENCE:
Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>



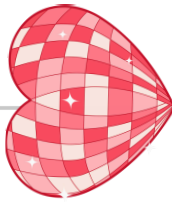





Written by:
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Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware © University
of Kentucky School of Human
Environmental Sciences)

YOUTH HEALTH BULLETIN



February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 2	3 	4 Livestock Club	5 4-H Horse Club	 6 Guitar Club	 7 4-H Photography	8 Sewing Camp 9-2 pm 1 4-H Written Communications Deadline
9 10 4-H in the Classroom 4th Grade NCES	11 4-H Sewing Livestock Club	12 	13 4-H Nature Club	14 Quiz Bowl 	15 Skill-a-thon	20 4-H Ag Adventure Guitar Club
16 4-H Middle School Retreat in Clark County	17 President's Day	18 Livestock Club	19 	21 27	22 	23 24 Cloverbuds
25 Livestock Club	26 28 4-H Teen Club	27	28 4-H Teen Club	29	30	31



Fiesta Potatoes

8 small to medium russet potatoes, peeled and diced	1 medium onion, chopped	parsley, chopped
1 green bell pepper, chopped	1 cup Mexican blend cheese, shredded	1 tablespoon dried basil, crushed
1 red bell pepper, chopped	½ cup margarine, melted	¾ teaspoon salt
	½ cup low-fat milk	¼ teaspoon black pepper
	2 tablespoons fresh	

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



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

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