



# NICHOLAS COUNTY 4-H NEWSLETTER

## July/August 2023

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

**"To Make the Best Better"**

Summer Camp 2023 is in the books and what a time it was! We increased our camper total from 85 in 2022 to 109 in 2023 thanks to the completion of the newest yurts. We now move on to State Fair time, finishing out Shooting Sports, and a new program year filled with clubs and activities. Be on the lookout for new clubs that will start this year, as well as some single day activities that will be coming your way in August. With the announcement of school starting late, we will be trying to squeeze in some more summer learning activities to keep you busy while you wait for school to begin.

Also in this newsletter you will find the Nicholas County Fair Winners. We would like to congratulate all of the winners, as well as wish them luck as their entries move on to State Fair. We had a huge turnout of talent and are excited for the rest of the state to see how talented Nicholas County kiddos are. Tickets will be available for pickup for winners and country ham project kids after August 1.

See you soon!



*Ashley H. Vice*

**UK** Ashley Vice  
County Extension Agent for FCS/4H  
University of Kentucky  
368 East Main Street  
Carlisle, KY 40311  
809-473-1459  
ashley.vice@uky.edu



Rifle, pistol, and archery-Mondays @ 6 p.m.  
Trap- Wednesdays @ 6 p.m.

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

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.



## KENTUCKY STATE FAIR TICKETS

**CHAMPION FAIR WINNERS AND COUNTRY HAM SPEECH PARTICIPANTS WILL BE ABLE TO PICKUP THEIR 2 FREE STATE FAIR TICKETS AUGUST 1 THROUGH**

**AUGUST 15**



### 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

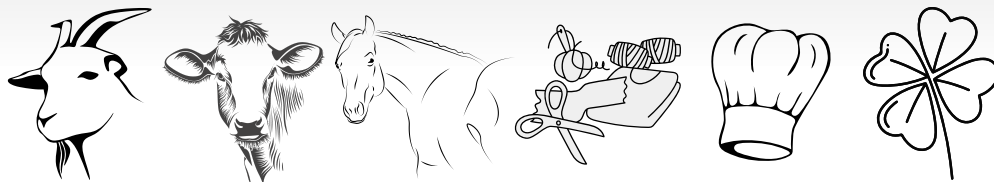


Disabilities accommodated with prior notification.



# 4-H

# FAIR RESULTS



### Nicholas County Fair 4-H Photography Class

Class	Description	Blue	Red	White	Grand Champion for Class
764a	Forestry	Anslee Price	Alana Thomas		Anslee Price
764b	Water	Sadie Blakeman	Ethan Polley	Alana Thomas	Sadie Blakeman
764c	Wildlife	Ethan Polley	Ansleigh Earlywine	Alana Thomas	Ethan Polley
764d	Nature Scenic	Sadie Blakeman	Alana Thomas		Sadie Blakeman
764e	Native KY Plants	Ethan Polley			Ethan Polley
764f	Insect	Alana Thomas			Alana Thomas
765a	Livestock	Ansleigh Earlywine	Alana Thomas	Anslee Price	Bre Price
765b	Crops	Anslee Price	Alana Thomas		Anslee Price
765c	Life Cycles	Alana Thomas			Alana Thomas
765d	Ag Scenic	Anslee Price	Sadie B	Ethan Polley	Anslee Price
765e	Farm Machinery	Anslee Price	Alana Thomas		Anslee Price
765f	Historic Modern Practices	Ethan Polley	Anslee Price		Ethan Polley
766A	Formal/Candid	Ansleigh Earlywine			Ansleigh Earlywine
766c	Event	Ethan Polley			Ethan Polley
767 c	Culture	Ethan Polley			Ethan Polley
768d	Movement	Alana Thomas			Alana Thomas
769	Physical Activity	Ethan Polley			Ethan Polley
769b	Sports	Ansleigh Earlywine			Ansleigh Earlywine
769f	Dealing with Stress	Alana Thomas	Anslee Price	Bre Price	Alana Thomas

Class Number	Blue	Red	White	Purple
654	Carter Bromagen	Bre Price	Avery Polley	Carter Bromagen

Foods				
Class Number	Blue	Red	White	Purple
841- Oatmeal Muffins	Ella Jeter			Ella Jeter
846- Coffee Cake	Cody Jeter			Cody Jeter
851- Carrot Cake	Carter Bromagen			Carter Bromagen

Arts				
Class Number	Blue	Red	White	Purple
727a- Junior Acrylic	Maggie Minton	Avery Polley		Maggie Minton
727b- Senior Acrylic	Ella Jeter			Ella Jeter
731a- Junior Self Portrait	Ethan Polley			Ethan Polley
731b- Senior Self Portrait	Jessie Carpenter			Jessie Carpenter
732b Senior Category- Human Action	Jessie Carpenter			Jessie Carpenter
745a-Pencil	Avery Polley			Avery Polley

Crops				
Class Number	Blue	Red	White	Purple
600 Alfalfa	Dawson Price			Dawson Price
602 Timothy	Dawson Price			Dawson Price
604 Mixed Hay	Dawson Price			Dawson Price
607 Shelled Corn	Dawson Price			Dawson Price
620 Wheat	Dawson Price			Dawson Price

566 Dish Gardens	Makenna Bussell	Ethan Polley		Makenna Bussell
569 House Plants	Avery Polley			

### 4-H Sewing

Class Number	Blue	Red	White	Grand Champion for the class
790 B- Non Clothing Item	Bristal Caswell	Callie Linville	Bre Price	Zoey Garrett
4-H Trends- Junior Upcycling- Pillows created from furniture store samples				
1050	Quinn Linville	Zoey Garrett	Callie Linville	Mayson Leedy
4-H Woods Category				
674- From a Kit	Clay Earlywine	Avery Polley		Clay Earlywine
677- NOT from a kit	Dawson Price			Dawson Price
4-H Tobacco Class				
39- Potted	Dawson Price			Dawson Price

### Home Environment

Class Number	Blue	Red	White	Purple
894	Sadie Blakeman			Sadie Blakeman



# YOUTH

# HEALTH BULLETIN



**JULY 2023**

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:

## THE 5 S'S OF SUN SAFETY

There are so many fun activities to do in the summer! From sports such as soccer, baseball, and pickleball to cooling off with water activities such as swimming, canoeing, and playing in a backyard sprinkler. Being active outside is a great time!

When you are going to spend time outside, remember to protect your skin from the hot summer sun. Over time, the sun can hurt your skin. What might seem like a minor chore now can save your skin a lot of pain later.

**Continued on the next page** →



## Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day.



### Continued from the previous page

The National Health Service suggests remembering the 5 S's of Sun Safety to protect skin from sunburn and damage:

**1. Slip:** Slip on a shirt or cover-up if you are not in the water. Wear a swimming rash guard with sleeves to prevent too much of your skin from being exposed to the sun. One of the best ways to protect your skin from the sun's rays is by covering up. Try to choose clothes you cannot see through. It has the best sun protection.

**2. Slop:** Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day. Use plenty and reapply often on all of your skin that doesn't have clothes on it. Ask for help reaching areas like your shoulders, back, and face so you do not miss any spots!

**3. Slap:** Slap on a hat to shield your face and head. There are lots of hats that have wide brims and can help add extra protection for your neck, ears, and back of your head if you have short hair.

**4. Slide:** Slide on sunglasses to help protect your eyes from sun damage.

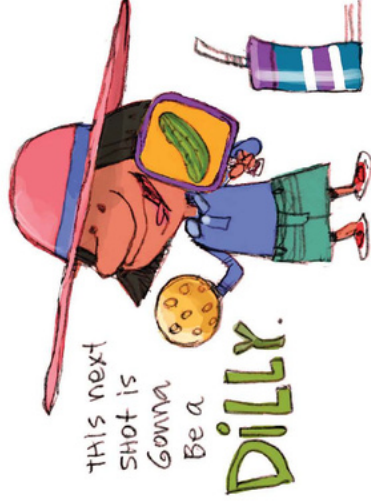
**5. Shade:** Try to stay in shaded areas when the sun is at its strongest. In Kentucky, the sun is strongest from 11 a.m. to 3 p.m. every day. When you take a break from playing outside, look for a place to rest that is shielded from

the sun. Find shade under a tree, porch, pavilion, wide umbrella, or in a tent!

As you are racing out the door to have fun outside this summer, remember to "slip, slap, slop, slide, and shade!"

#### REFERENCE:

<https://www.southwestlondon.icb.nhs.uk/news/slip-slop-slop-slide-and-shade-five-sun-safety-ss-for-hot-sun>



THIS NEXT  
SHOT IS  
GONNA  
Be a  
**DILLY.**

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

**ADULT**  
**HEALTH BULLETIN**



- Show Classes**
1. Showmanship (All Breeds and Disciplines)
  2. Leadline
  3. Bareback Equitation (Non-Gaited)
  4. Bareback Equitation (Gaited)
  5. Hunter Under Saddle (Walk/Trot)
  6. Hunter Under Saddle
  7. English Country Pleasure (Gaited Only)
  8. Western Pleasure (Walk/Jog)
  9. Western Pleasure
  10. Western Country Pleasure (Gaited Only)
  11. Western Horsemanship (Walk/Jog)
  12. Western Horsemanship
  13. Trail Pleasure (Gaited Only)
  14. Stick Horse Race
  15. Barrels
  16. Flag Race
  17. Poles
  18. Stake Race
- Fun Shows (\$1 entry, no premium...just for fun)**
19. Chin Apple
  20. Simon Says
  21. Waterglass
  22. Laundry Race
  23. Ride-A-Buck (Winner takes pot)
  24. Costume Class

Contact: Madison County 4-H—859-623-4072

**Show Guidelines/Rules**

- All show participants (including adults) must wear protective headgear passing or surpassing ASTM/SEI standards with harness securely fastened and helmet properly fitted on top of head at all times when mounted.
- Attire must be neat, clean and appropriate to the discipline. Appropriate footwear is required when mounted (boots or shoes with a deep heel. **(NO TENNIS SHOES)** Handlers in Leadline Class must wear closed toe shoes.
- Exhibitors shall adhere to all 4-H Horse Program rules including the helmet policy and dress rules, and must follow all relevant Madison County Fair rules.
- All horses must show proof of negative coggins and certificate of veterinary inspection.
- In "timed" classes, English or Western tack/attire is allowed.
- Exhibitors (if minor, then parent or guardian) assume all responsibilities for risks and accidents. Management is not responsible for theft or accidents.
- No Stallions will be permitted to be shown.
- Show Management/Officials may excuse any entry for safety, health, lameness or any other justifiable reasons at their discretion.
- Exhibitors cannot cross enter walk/trot and walk/trot/canter.

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

# Canning Class

## Boiling Water and Pressure Canning

**SATURDAY, AUGUST 26TH**  
 9 A.M.- 12 P.M.  
 NC LIVESTOCK BARN  
 COST: FREE!!!

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

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**Thank you**

**4-H CAMP SPONSORS 2023**

- ELLISVILLE HOMEMAKERS
- BOB GARVIN
- BARBARA ANN
- JUNE AND TEE GRUBB
- DENNIS AND JO ELLEN JACKSON
- FRYSC
- HEADQUARTERS HOMEMAKERS
- MARY JANE AND DR. LEWIS
- HMH
- CITY NATIONAL BANK
- FARM BUREAU
- SUZANN SMITH
- PEGGY GILKERSON
- GARRETT'S FURNITURE
- SHELTER INSURANCE-BILL CLARK
- JERRY'S BARBER SHOP
- WENDT'S WILDLIFE
- NICHOLAS COUNTY QUILT CLUB
- EVERY PERSON WHO BOUGHT A TICKET FOR THE QUILT

**NICHOLAS COUNTY FRYSC PRESENTS:**

# BACK TO SCHOOL READIFEST

**IT'S SO SWEET TO HAVE YOU HERE!**

- Meet your teachers
- Get resource information from Community Partners & goodies for school
- Pay Chromebook fees & pick up Parent pick-up decals
- Shoes will be available for students

**WHEN: WEDNESDAY, AUGUST 23RD**  
**WHERE: NICHOLAS COUNTY ELEMENTARY SCHOOL**  
**TIME: 5:00-7:00PM**  
**QUESTIONS: CALL FRYSC OFFICE 859/289/3702**

**BACK TO SCHOOL**

# August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 Teen Kings Island Trip	3	4	5 
6	7	8	9 All State Fair Entries need to be back in the office to prepare for State Fair	10	11	12
13	14	15	16	17 Country Ham Speech Day 	18	19
20	21	22	23 Readifest at NCES	24	25	26 Canning Preservation Class 9-12 pm
<b>Kentucky State Fair August 17th through the 27th</b>						
27 	28 1st Day of School 	29	30	31 Show and Sale		



# 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.