



NICHOLAS COUNTY 4-H NEWSLETTER

JUNE 2024



Martin-Gatton College of Agriculture, Food and Environment



"To Make the Best Better"

Hello Summer! With school out for summer, that means the busy season for 4-H is here. Next week the 100th Teen Conference kicks off, the following week we will begin accepting fair entries, then Cloverbud Camp, everyone's favorite Blackberry Festival, and finally 4-H Summer Camp. In addition to those exciting events, our 4-H Shooting Sports is off to an awesome start with many awards received at the annual Bracken County Shoot and more to come as they shoot their way through the summer. It is also fair season and many of our 4-H'ers are off to a running start in the show ring receiving banners and ribbons with their show animal.

To the right is the listing of categories you can enter for the Nicholas County Fair. If you want details for each category, scan the QR code to be taken to the State Fair page which will give you the guidelines we will follow. Remember, if you receive a BLUE ribbon in your category, you will advance to the State Fair and receive two FREE State Fair tickets to be able to go and see your project on the big stage.

Lastly, a big congratulations to our 4-H Teen Sewing Club members who participated in the Goodwill Challenge. Collectively they captured nearly 2,500 votes for their upcycle projects. Congratulations to Katie Caswell and Isabella Ramey for making it to the top 5! Lastly, we wish our senior 4-H'ers well as they embark on their future. No matter what your plans are, go out and strive to follow the motto of 4-H and "MAKE THE BEST, BETTER!"

- 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**



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Ashley H. Vice

NICHOLAS COUNTY FAIR ENTRIES

Floral Hall will begin accepting entries on June 18th from 1 p.m. - 4:30 p.m.

*Winning 4-H participants will advance to the Kentucky State Fair in August

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service

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

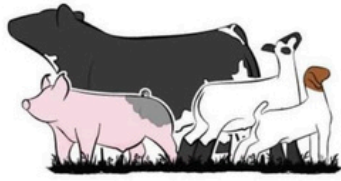
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

2024 NICHOLAS COUNTY FAIR LIVESTOCK SHOWS



Check in time for ALL shows 3-5 PM

Show 6:00 PM

\$100 Grand Champion breeding & market animals
\$50 Reserve Champion breeding & market animals
Prizes will be awarded to showmanship winners & novice
Breeding & market shows for all species
Novice (ages 5-8) for all species

Wednesday, June 12th- market heifer/steers, breeding heifers

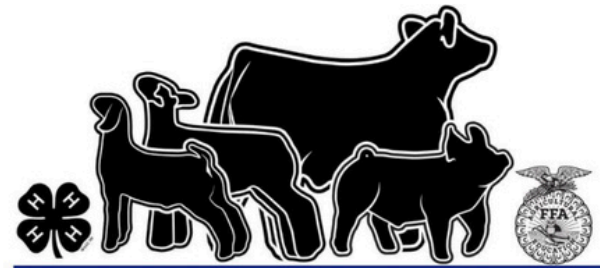
Thursday, June 13th- commercial ewes/ market lambs

Friday, June 14th- wether dams/ market goats

Saturday, June 15th- breeding gilts/ market hogs

Nicholas County Livestock Pavilion
1471 Concrete Road
Carlisle, KY 40311

BOURBON COUNTY FAIR LIVESTOCK SHOWS



MONDAY, JUNE 24

7:00 PM HOG SHOW

TUESDAY, JUNE 25

5:00 PM SHEEP SHOW

WEDNESDAY, JUNE 26

4:00 PM GOAT SHOW

THURSDAY, JUNE 27

5:00 PM BEEF SHOW

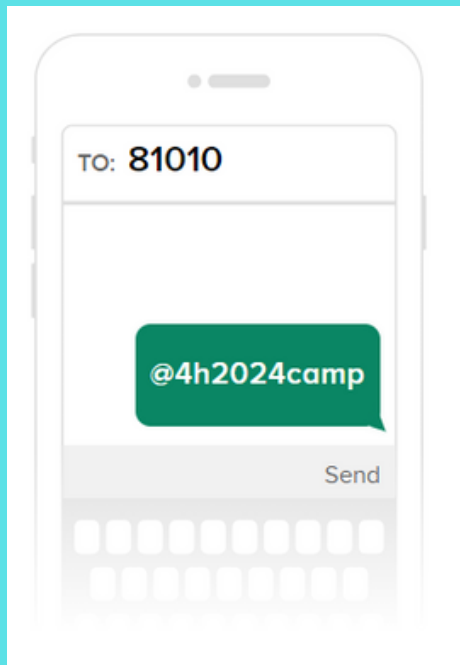
SATURDAY, JUNE 29

7:30 PM BOURBON COUNTY
ROUND ROBIN SHOWMANSHIP CONTEST

FOR MORE INFORMATION AND RULES PLEASE VISIT THE
BOURBONCOUNTYFAIR.ORG WEBSITE

Class Descriptions

1. **Advanced Swimming** – Participate in water activities/games; Use diving board.
2. **Archery** – Learn archery safety and basic skills; Use archery equipment at range.
3. **Art** - Sharpen your artist skills!
4. **Beginning Swimming** – Learn basic swim techniques; Participate in water games.
5. **Canoeing** – Learn canoeing safety, basic skills, and water games.
6. **Camp Crafts** – Make some awesome crafts! Be creative!
7. **Cupcake Decorating**- Learn basic cake decorating and a decorating contest.
8. **Drama** – Show us your dramatic side by learning drama techniques and doing skits.
9. **Duct Tape Crafts** – Make various crafts with duct tape during the week.
10. **Fishing 101** – Learn fishing safely and basic skills, Fish at the lake.
11. **Fishing 102**- Take your fishing skills to the next level. Must have had fishing at camp prior.
12. **Fun Foods** – Learn basic food preparation skills and create your own snack foods.
13. **Hammock Reading** – bring a book & spend the class period relaxing & reading!
14. **High Ropes** – Learn rock climb wall safety and skills for climbing; Learn zipline safety; Climb 40-foot mock rock wall and zipline down on the other side.
15. **Jewelry Making** – Create awesome jewelry pieces to give as gifts or to complement your wardrobe!
16. **Kayaking** - Learn kayaking safely, basic skills, and water games.
17. **Low Ropes** – Participate in low rope elements near to the ground, while working as a team to complete challenges (examples: rope bridge crossing, bridge balance, rope spider web activity, and many more)
18. **Mad Camp Scientist**- Love science, experiments and being messy then this class is for you.
19. **Photography**- Learn to take photos and be part of our camp paparazzi.
20. **Nature** – Learn about nature as you take hikes on the trails around camp.
21. **Outdoor Living**- Campers will learn skills to help them survive in the great outdoors such as building, creating shelter, and setting up a campsite.
22. **Recreation** – Learn and participate in various games and camp dances.
23. **Riflery** – Learn rifle safety and basic skills; Use equipment at range.
24. **Sand Volleyball** – Learn basic skills & participate in games!
25. **Sports of all Sorts** – Enjoy a new sport each day! Basketball, Backyard Games and Disc Golf!!
26. **String Art** – Create an amazing string art creation – careful...it will be noisy!!
27. **Trap** – Learn shotgun safety and basic skills shooting at saucer-shaped clay targets flung into the air from a spring device called a trap. Use equipment at the range.



If you have a
camper 9-13
years old, PLEASE
SUBSCRIBE
TO REMIND

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

◆ 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

JC/AC COUNSELOR TRAINING

WHO: Adult and Junior Counselors

WHEN: June 27th at 5:30 p.m.

WHERE: at the Nicholas County Extension Office

Counselor Training is Mandatory
 *Meal will be provided

CAMPER ORIENTATION

WHO: 4-H Summer Campers

WHEN: June 26th
 6 p.m. for First Time Campers
 7 p.m. for Returning Campers

WHERE: NCES Cafeteria

**Camper Orientation is required!
 Camper and Parent must attend**

Exclusive

FAMILY EXERCISE HELPS 4-H YOUTH STAY HEALTHY FOR LIFE



As warmer spring weather arrives in Kentucky, it's a great time for families to stay healthy and active while enjoying the outdoors together. If you need some extra inspiration to get started with a new family fitness routine, your local 4-H program is here to help.

It probably comes as no surprise that, according to the U.S. Department of Health and Human Services, physically active youth have higher levels of cardiorespiratory fitness, lower body fat, and stronger bones and muscles than their inactive peers. School-aged children also experience a noted boost to their brain health from physical activity: namely, improved cognition and reduced symptoms of depression. Research shows that physical activity can improve cognitive functions associated with memory, executive function, processing speed, attention, and academic performance.

Kids who get regular exercise also have better odds at becoming healthy adults.

Chronic diseases such as heart disease, hypertension, type 2 diabetes, and osteoporosis are rare among young people. However, obesity and other risk factors for these diseases, including elevated insulin, blood lipids, and blood pressure, are on the rise among today's children and adolescents. In 2020, the National Center for Health Statistics reported that more than one in five U.S. adolescents (22 percent) were considered obese.

But making regular exercise a part of family life can give young people a head start on disease prevention and introduce healthy benefits to last a lifetime.

Empowering youth to be healthy—in body and mind—is an important part of the programming provided through 4-H. Young people who have the confidence and skills to lead healthy lifestyles don't just feel healthier; they are also better able to tackle life's challenges and

demonstrate strong leadership in their lives, careers, and communities as they grow up to become responsible adults. According to a 2015 study by researchers from Clemson University, Tufts University, the University of Washington, and Boston College, youth who participate in 4-H Positive Youth Development programming are twice as likely to make healthier choices for themselves.

One fun and easy way for 4-H families to get more physically active right now is by participating in Move the Clover Way, a family-based physical activity program held this year from May through June. Families can take part by planning to engage in physical activity for a set amount of time each week, then logging those active minutes online. Participating families will be recognized for their accomplishment.

To learn more about Move the Clover Way and 4-H Healthy Living programs, contact the Nicholas County office of the University of Kentucky Cooperative Extension Service



JUNE 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
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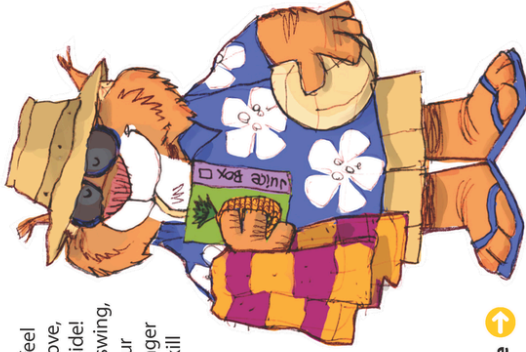
THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION

School is out, and the sun is up in the sky! You may have lots of plans for how you want to spend your summer break, or not many plans at all. Whether you are planning a big trip, staying busy with camps, or have plenty of time to relax at home, spend some time outside this summer.

Maybe you like to splash at the pool. **U**nwind on a hammock, **M**ake forts in your backyard, or **M**ow the lawn for your family. Perhaps you **E**njoy a picnic in the shade or **R**ide your bike with friends. There are so many ways to step outside and into nature!

Your body needs to move for at least one hour each day. Moving helps your bones and muscles grow



Continued on the next page →



Disabilities accommodated with prior notification.

Whether you are climbing a tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier.

Continued from the previous page

tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier. If you have a bad day, or feel sad or upset, try spending some time outside: playing, reading, or just resting on the ground.

When you go outside, it is also important to protect yourself from too much sun. Remember things like:

- Sunscreen
- A hat
- Protective clothes or swimwear
- Sunglasses

You may even want to keep these things by the door in your home, in a basket or bag. That will make them easy to reach and to remember. This summer, step outside into nature, and get ready to have a good time!

REFERENCE:

<https://www.healthychildren.org/english/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>



There are SO many things to do outside when it is warm and sunny! Try to think of one activity to do outside that starts with each letter below:

- S: _____
- U: _____
- M: _____
- M: _____
- E: _____
- R: _____
- T: _____
- I: _____
- M: _____
- E: _____

Written by: Katherine Jury, MS
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Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)





NICHOLAS COUNTY QUILTING CLUB
QUILT
 TICKETS

TICKETS \$1

QUEEN SIZE AMERICAN SAMPLER QUILT
DRAWING WILL BE HELD AT THE BLACKBERRY FESTIVAL



All money raised goes directly to pay for 4-H Camp Scholarships.



CONGRATULATIONS!

**BLUE JACKET BULLETS
 15-18**

**KYLE SAUNDERS FOR PLACING 1ST PLACE IN TRAP
 CARSON COHORN FOR PLACING 2ND IN TRAP**

**AIR PISTOL 9-11 AGE GROUP
 ANNABELLE TOBIAS 2ND PLACE**

**22 PISTOL 15-18
 KYLE SAUNDERS 2ND PLACE**

**BAREBOW 12-14
 SAM JENKINS 1ST PLACE BAREBOW
 2ND PLACE BOWHUNTER
 3RD PLACE TARGER BOW**

**TEAM BAREBOW 12-14
 3RD PLACE
 SAM JENKINS
 GWEN TOBIAS
 XAVIER MITCHELL
 MILO DEMBROSKI**

JUNE FAIRS on calendar

www.kafs.net

FAIRS THAT ARE LISTED ON THE WEBSITE CALENDAR

01 JUNE 2024

ALLEN COUNTY FAIR	6/8-7/19
BARREN COUNTY FAIR	6/27-7/1
BOONE COUNTY FAIR	6/24-6/29
BOURBON COUNTY FAIR	6/24-6/29
BOYLE COUNTY FAIR	6/8-6/15
BRECKINRIDGE COUNTY FAIR	6/15-6/22
BULLITT COUNTY FAIR	6/10-6/15
CARROLL COUNTY FAIR	5/30-6/8
CLARK COUNTY FAIR	6/22-6/29
CLINTON COUNTY FAIR	6/13-6/22
GALLATIN COUNTY FAIR	6/12-6/15
GEORGETOWN FAIR	6/18-6/22
GREEN COUNTY FAIR	6/7-6/15
HENRY COUNTY FAIR	6/25-6/29
LAWRENCEBURG FAIR	6/8-6/15
LEXINGTON LIONS FAIR	6/6-6/15
LINCOLN COUNTY FAIR	6/18-6/22
LOGAN COUNTY FAIR	6/17-6/29
MARION COUNTY	6/24-6/29
MCCRACKEN COUNTY FAIR	6/25-6/29
METCALFE COUNTY FAIR	6/15-6/22
MURRAY-CALLOWAY CTY FAIR	6/18-6/22
NICHOLAS COUNTY FAIR	6/15-6/22
PENDLETON COUNTY FAIR	6/16-6/22
PERRY COUNTY FAIR	6/13-6/15
RUSSELL COUNTY FAIR	5/31-6/8
SHELBY COUNTY FAIR	6/10-6/15
TAYLOR COUNTY FAIR	6/3-6/8
TRIMBLE COUNTY FAIR	6/16-6/21
UNION COUNTY FAIR	6/17-6/22
WAYNE COUNTY FAIR	6/28-7/6
WESTERN KENTUCKY FAIR	6/21-6/29
WOODFORD COUNTY FAIR	5/31-6/8

June 2024

HELLÖ Summer

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 400 Mile Yardsale	8 Farmer's Market at Wendt's Wildlife 400 Mile Yard Sale
9 400 Mile Yardsale	10	11 Swedish Weaving at 6 p. m.	12	13	14	15
				Nicholas County Fair Livestock Shows		
				100th Anniversary Teen Conference		
16	17	18 Sewing Basics at 6 p.m. Floral Hall Entries Due	19 Office Closed Juneteenth	20 Floral Hall Open	21 Floral Hall Open	22 Floral Hall Open
23	24	25 Country Ham Speech Workshop 10 a.m. and 6 p.m.	26 Camper Orienta- tion - 6 p.m. FIRST TIMERS 7 p.m. - RE- TURNING Campers	27 JC/AC Training	28	29
					Cloverbud Camp	
30						

Farmer's Market Skillet Bake

½ small onion, finely chopped	2 cups shredded mozzarella cheese, divided	4 medium sized tomatoes, sliced
2 cloves garlic, minced	1 medium summer squash, sliced	1 teaspoon salt
4-5 small red potatoes, sliced	1 medium zucchini, sliced	1 teaspoon pepper
1 tablespoon olive oil		5 fresh basil leaves, finely chopped, divided

Preheat oven to 375 degrees F. **Prepare** onion, garlic and sliced potatoes (about ¼ inch thick). **Heat** olive oil over medium heat in a 10 or 12-inch oven safe skillet. **Add** onion, garlic, and potatoes to pan and **stir** to coat with oil. **Cook** over medium heat, **stirring** occasionally until golden brown and tender. **Add** 1 cup mozzarella cheese. In a bowl, **toss** together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil. **Layer** squash

and tomato slices over the potato and cheese layer. **Top** with remaining mozzarella cheese. **Bake** 35 minutes or until vegetables are tender and cheese is melted. **Remove** skillet from oven and **top** with remaining basil.

Yield: 8, 1 cup servings

Nutritional Analysis: 200 calories, 8 g fat, 4 g saturated fat, 20 mg cholesterol, 490 mg sodium, 24 g carbohydrate, 3 g fiber, 5 g sugars, 10 g protein.

