



NICHOLAS COUNTY 4-H NEWSLETTER

Read
NOW!

June 2025

 **Martin-Gatton**
College of Agriculture,
Food and Environment

**"To Make the
Best Better"**

School's out, the sun is shining, and that can only mean one thing—summer has officially arrived! With warm weather, longer days, and the promise of adventure, it's the perfect time to start getting excited for camp.

Whether you're a first-time camper or a seasoned pro, this summer promises unforgettable memories, new friendships, and plenty of fun in the great outdoors. From kayaking on the lake to roasting marshmallows by the fire, there's something for everyone to enjoy.

Parents, don't forget to double-check those packing lists and make sure your camper is ready for the journey ahead. And campers—start dreaming about all the games, songs, and stories that await!

Let the countdown begin. Camp is coming soon, and we can't wait to see you there!



Shelby Cleaver
ANR/4-H Agent
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-289-2312
shelby.cleaver@uky.edu

Shelby Cleaver



Ashley Vice
County Extension Agent for FCS/4H
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-473-1452
ashley.vice@uky.edu

Ashley H. Vice

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.



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

Scan the QR
code to read
about these
categories.



2025 NICHOLAS COUNTY ADULTS FLORAL HALL

Entries due to Nicholas County Extension

Office by 4:30 p.m. on 6/6/2025.



Award Premiums:

Blue: \$3 Red: \$2 White: \$1

CANNING

Rules:

A. All canning should be processed according to *University of Kentucky NEV recommendations*.

B. All canning must be in standardized canning jars.

- 268. 1 quart blackberries
- 269. 1 quart peaches
- 270. 1 quart cherries
- 271. 1 quart applesauce
- 272. 1 quart apples
- 273. Collection of 4 fruit jars
- 274. 1 quart green beans
- 275. 1 quart corn
- 276. 1 pint beets
- 277. 1 pint limas
- 278. 1 pint peas
- 279. 1 pint carrots
- 280. 1 pint carrots
- 281. 1 pint cucumber pickles
- 282. 1 pint dill pickles
- 283. 1 pint bread and butter pickles
- 284. 1 pint zucchini pickles
- 285. 1 pint corn relish
- 286. 1 pint sweet relish
- 287. 1 quart tomatoes in juice
- 288. 1 quart tomato juice
- 289. 1 quart pickled vegetables
- 290. 1 jar blackberry jam
- 291. 1 jar strawberry jam
- 292. 1 jar grape jam
- 293. 1 jar blackberry jelly
- 294. 1 jar strawberry jelly
- 295. 1 jar apple jelly
- 296. 1 jar plum jelly
- 297. 1 jar jelly not mentioned

ADULT/OPEN DEPARTMENT

Rules: A. Must not have been exhibited in any other fair and completed in

FOODS

Rules: A. *Recipes must be homemade no store purchased mixes*. B. *Display in plastic zip bags or on plate with plastic wrap*. C. *Foods will not be returned*.

- 237. ½ Jam cake
- 238. ½ Prune cake
- 239. ½ zucchini cake
- 240. ½ upside down cake
- 241. ½ German chocolate cake
- 242. Best Decorated Cake by amateur
- 243. ½ white layer cake - any icing
- 244. ½ angel food cake - no icing
- 245. ½ chocolate cake - any icing
- 246. ½ carrot cake
- 247. ½ coffee cake
- 248. ½ cake other than listed
- 249. 6 biscuits
- 250. Plate of 5 yeast rolls
- 251. ½ banana bread
- 252. ½ salt rising bread

- 298. 1 jar peach preserves
- 299. 1 jar blackberry preserves
- 300. 1 jar strawberry preserves
- 301. 1 jar preserves not mentioned
- 302. 1 jar apple butter
- 303. 1 jar rhubarb spread
- 304. 1 pkg. dried fruit
- 305. 1 pkg. dried vegetable
- 306. 1 pkg. dried meat
- 307. 1 jar salsa
- 308. Miscellaneous, not mentioned

TEXTILES

- 309. Quilt, hand pieced, quilted
- 310. Quilt, machine pieced, quilted
- 311. Quilt, appliquéd
- 312. Quilt, mixed pieced
- 313. Quilt, kit
- 314. Quilt, Senior citizen
- 315. Quilt, original design
- 316. Quilt, baby
- 317. Quilt, non-traditional
- 318. Knitting, afghan
- 319. Knitting, clothing
- 320. Knitting, other
- 321. Crochet, afghan
- 322. Crochet, home furnishing
- 323. Crochet, other
- 324. Crochet, picture
- 325. Needlepoint, picture
- 326. Needlepoint, holiday
- 327. Needlepoint, plastic canvas
- 328. Needlepoint, other
- 329. Pillow case, embroidered, or cross stitch
- 330. Place mats
- 331. Table runner
- 332. Rugs
- 333. Adult male clothing item
- 334. Adult female clothing item
- 335. Female child's item
- 336. Male child's item
- 337. Apron
- 338. Purse or tote
- 339. Decorated garment
- 340. Counted cross stitch, 14 and under
- 341. Counted cross stitch, 16 and over
- 342. Miscellaneous needle work
- 343. Christmas or holiday articles, tree skirt, stocking
- 344. Infant articles
- 345. Handmade doll clothes
- 346. Handmade Dolls or toys
- 347. Weaving

HOBBIES (owned by exhibitor)

- 348. Leather craft
- 349. Woodworking

Realistic

- 350. Wood Carving
- 351. Walking Sticks and staffs
- 352. Models
- 353. Miniatures
- 354. Decorated trees
- 355. Basket Making, larger 4"
- 356. Basket Making, made from Kentucky Fibers
- 357. Basket Making, smaller 4"
- 358. Basket Making, not mentioned
- 359. Flower Arrangement, silk flowers
- 360. Flower Arrangement, dried flowers
- 361. Decorations, Door or wall made with wood
- 362. Decorations, Door or wall made with textiles
- 363. Decorations, door or wall made other materials
- 367. Decorations, door or wall made for holidays
- 368. Free standing decoration for holiday
- 369. Glazed Ceramics
- 370. Stained Ceramics
- 371. Porcelain
- 372. Plaster Crafts
- 373. Decorated or painted fabric
- 374. Painted Christmas Gourd
- 375. Any other painted gourd
- 376. Handmade Jewelry
- 377. Any other beaded craft
- 378. Bead Dough or polymer clay
- 379. Egg Shell Craft
- 380. Wood burning technique
- 381. Other Miscellaneous

ANTIQUES (owned by exhibitor)

- 382. Oldest Family Bible
- 383. Oldest Kentucky Document
- 384. Oldest 4-H Memorabilia
- 385. Oldest County Fair Memorabilia
- 386. Oldest Advertising items
- 387. Doll
- 388. Child's toy other than doll
- 389. Christmas or holiday item
- 390. Oldest photograph
- 391. Class Piece
- 392. Small Tool
- 393. Historical, dish or china
- 394. Historical clothing
- 395. Jewelry
- 396. Quilt
- 397. Any other antique

AMATEUR ART

- 398. Painting, Abstract, Minimal, Expressionistic
- 399. Painting Representational, Objective, or

400. Water Color – Transparent 401. Water Color Mixed Media 402. Portrait, Except Sculpture 403. Drawing 404. Pastels 405. Print Making 406. Miniature Painting 407. Collage 408. Sculpture, constructed from stone, wood,

except clay
409. Sculpture, constructed from metal, plaster, or fiberglass, except clay

410. Sculpture made from clay

411. 3D folk art under 12"

412. 3-D folk art over 12"

413. Scrap booking page design

414. Stained Glass

415. Calligraphy

416. Hand painted china

417. Pottery

418. Printed Fabrics

419. Embroidery

420. Wearable Art

421. Painting on Silk

422. Photography, black and white include

sepia

423. Photography, color

424. Photography, digital

FLOWERS

Rules:

A. Floral design open to all adults must be made by exhibitor

B. Accessories permitted in all classes

425. Cut Fresh flower arrangement

426. Dried Flower Arrangement

427. Terrarium

428. Dish Garden

429. African violet 6" pot or less

430. Rainbow of color using mixed flowers

431. Sunrise - design using all yellow flowers - foliage permitted

432. End of summer- design using all dried material

433. Specimen - Aster

434. Specimen - Gladiola

435. Specimen - Coxcomb

436. Specimen - Dahlia

437. Specimen - Marigold

438. Specimen - Rose

439. Specimen - Zinnia

440. Specimen other than listed

CROPS & HORTICULTURE

441. Summer squash - Zucchini

442. Summer Squash - yellow

443. Summer squash - any other variety

444. Tomato - 3 for slicing

445. Tomato - 5 for salad

446. Beets plate of 5

447. Carrots 3 bunches of 4

448. Green onions plate of 5

449. Bush beans plate of 24

450. Pole beans plate of 24

451. Wax beans plate of 24

451. Lima bean plate of 24

453. Beet head of broccoli

454. Best head of cauliflower

455. Largest head of cabbage

456. Radishes - 3 bunches of 4 red

457. Radishes 4 bunches of 4 icicle

458. Brussel sprouts

459. Peas plate of 24

460. Cowpeas plate of 24

461. Garden exhibit of 10 or more vegetables arranged is a display

462. Peppers- bell plate of 3

463. Plate of 3 any other pepper

464. Potatoes plate of 5

465. Corn plate of 3 ears with husk on

466. Best watermelon

467. Best Cantaloupe

468. Cucumbers plate of 5 for pickling

469. Cucumber plate of 5 for slicing

470. Best pumpkin

471. Apples plate of 3

472. Blackberries plate of 24

473. Strawberries plate of 12

474. Blueberries plate of 24

475. Tobacco 5 stalks to stick (green) grown in 2010

HAY

Rules:

A. Each exhibit weigh at least 10 lbs.

B. All entries must be firmly tied to be considered in judging.

C. Must be completed in 2011-2012.

476. Best exhibit of alfalfa hay

477. Best exhibit of clover

478. Best exhibit of grass

479. Best exhibit of grass/legume mixed.

NICHOLAS COUNTY JUNIOR/OPEN FLORAL HALL

JUNIOR/OPEN DIVISION

Rules:

A. Must not have been exhibited in any other fair and completed in

FOODS

Rules:

A. Recipes must be homemade no store purchased mixes.

B. Display in plastic zip bags or on plate with plastic wrap.

C. Foods will not be returned.

103. ½ Jam cake

104. ½ Prune cake

105. ½ zucchini cake

106. ½ upside down cake

107. ½ German chocolate cake

108. Best Decorated Cake by amateur

109. ½ white layer cake - any icing

110. ½ angel food cake - no icing

111. ½ chocolate cake - any icing

112. ½ carrot cake

113. ½ coffee cake

114. ½ cake other than listed

115. 6 biscuits

116. Plate of 5 yeast rolls

117. ½ banana bread

118. ½ salt rising bread

119. ½ bread other than listed

120. 6 pieces chocolate fudge

121. 6 pieces peanut butter fudge

122. 6 pieces cream candy
 123. 6 pieces candy other than listed
 124. 6 corn muffins/ sticks
 125. 4 transparent pies
 126. 9 assorted tea cookies (no meringue)
 127. 6 brownies
 128. 6 sugar cookies
 129. 4 fruit tarts
 130. Apple Pie
 131. Cherry Pie
 132. Blackberry Pie
 133. Favorite Pie, not mentioned
- CANNING**
Rules:
 A. *All canning should be processed according to University of Kentucky NEW recommendations.*
 B. *All canning must be in standardized canning jars.*

134. 1 quart blackberries
 135. 1 quart peaches
 136. 1 quart cherries
 137. 1 quart applesauce
 138. 1 quart apples
 139. Collection of 4 fruit jars
 140. 1 quart green beans
 141. 1 quart corn
 142. 1 pint beets
 143. 1 pint limas
 144. 1 pint peas
 145. 1 pint carrots
 146. 1 pint carrots
 147. 1 pint cucumber pickles
 148. 1 pint dill pickles
 149. 1 pint bread and butter pickles
 150. 1 pint zucchini pickles
 151. 1 pint corn relish
 152. 1 pint sweet relish
 153. 1 quart tomatoes in juice
 154. 1 quart tomato juice
 155. 1 quart pickled vegetables
 156. 1 jar blackberry jam
 157. 1 jar strawberry jam
 158. 1 jar grape jam
 159. 1 jar blackberry jelly
 160. 1 jar strawberry jelly
 161. 1 jar apple jelly
 162. 1 jar plum jelly
 163. 1 jar jelly not mentioned
 164. 1 jar peach preserves
 165. 1 jar blackberry preserves
 166. 1 jar strawberry preserves
 167. 1 jar preserves not mentioned

168. 1 jar apple butter
 169. 1 jar rhubarb spread
 170. 1 pkg. dried fruit
 171. 1 pkg. dried vegetable
 172. 1 pkg. dried meat
 173. 1 jar salsa
 174. Miscellaneous

CROPS & HORTICULTURE

175. Summer squash - Zucchini
 176. Summer Squash - yellow
 177. Summer squash - any other variety
 178. Tomato - 3 for slicing
 179. Tomato - 5 for salad
 180. Beets plate of 5
 181. Carrots 3 bunches of 4
 182. Green onions plate of 5
 183. Bush beans plate of 24
 184. Pole beans plate of 24
 185. Wax beans plate of 24
 186. Lima bean plate of 24
 187. Beat head of broccoli
 188. Best head of cauliflower
 189. Largest head of cabbage
 190. Radishes - 3 bunches of 4 red
 191. Radishes 4 bunches of 4 icicle
 192. Brussel sprouts
 193. Peas plate of 24
 194. Cowpeas plate of 24
 195. Garden exhibit of 10 or more vegetables arranged is a display
 196. Peppers- bell plate of 3
 197. Plate of 3 any other pepper
 198. Potatoes plate of 5
 199. Corn plate of 3 ears with husk on
 200. Best watermelon
 201. Best Cantaloupe
 202. Cucumbers plate of 5 for pickling
 203. Cucumber plate of 5 for slicing
 204. Best pumpkin
 205. Apples plate of 3
 206. Blackberries plate of 24
 207. Strawberries plate of 12
 208. Blueberries plate of 24
 209. Tobacco 5 stalks to stick (green) grown in 2007

AMATEUR ART

210. Painting, Abstract, Minimal, Expressionistic
 211. Painting Representational, Objective, or Realistic
 212. Water Color - Transparent
 213. Water Color Mixed Media
 214. Portrait, Except Sculpture
 215. Drawing

216. Pastels
 217. Print Making
 218. Miniature Painting
 219. Collage
 220. Sculpture, constructed from stone, wood, except clay
 221. Sculpture, constructed from metal, plaster, or fiberglass, except clay
 222. Sculpture made from clay
 223. 3D folk art under 12"
 224. 3-D folk art over 12"
 225. Scrap booking design
 226. Stained Glass
 227. Calligraphy
 228. Hand painted china
 229. Pottery
 230. Printed Fabrics
 231. Embroidery
 232. Wearable Art
 233. Painting on Silk
 234. Photography, black and white include sepia
 235. Photography, color
 236. Photography, digital

NICHOLAS COUNTY FAIR 4-H ENTRIES

Scan the QR Code to see each of the categories that can be entered and possibly advance to Cloverville at the 2025 Kentucky State Fair. Two free state fair tickets will be awarded to each class winner.

SCAN ME



Award Premiums:

Blue: \$3 Red: \$2 White: \$1

Arts 6029
 Crops 6018
 Consumer & Financial Education 6040
 Country Home 6013
 Dairy Farm 6014
 Dog Show 6015
 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
 Hunting 6016
 Lead 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
 Adult Bow 6014.1
 Family Showmanship 6014.2
 Fishing 6032
 Sewing 6032
 Tobacco 2101
 Trends 6042
 Wood Science 6025

HEALTH BULLETIN

JUNE 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
Carlisle, KY 40311
(859) 289-2312

THIS MONTH'S TOPIC WHAT IS CANCER?



You might have heard the word "cancer" before. Maybe you heard it when a person got sick or was going through treatment to get better. You may wonder what cancer is or how a person gets it. You might wonder how cancer is treated to help the person heal.

Cancer is not just one sickness. It is many related diseases that happen when cells in a person's body get messed up, grow, and divide very quickly. It makes many messed-up cells that grow really fast. These cells stick together and form a tumor, or a big clump, somewhere in the body. Over time, cancer cells can

Continued on the next page



Disabilities accommodated with prior notification.

Continued from the previous page

move in the body, making tumors in new places. These tumors make it hard for the body to work correctly. Soon, they make a person feel sick.

You cannot catch cancer from someone — it is not contagious. Unlike some other sicknesses, cancer cannot pass from person to person. Germs do not cause cancer.

Doctors and scientists are still learning about why certain people get cancer, and others do not. We do know that cancer is not caused by getting hurt, like getting bumped, bruised, or cut. It is also not a punishment for being bad. However, some things, like smoking or getting lots of sunburns, can make it more likely for cancer to happen later in life. In any case, the sooner cancer is found, and treatment begins, the better the chance a person has of getting better.

Cancer can be treated in different ways. In some cases, taking vitamins and changing things like what the person eats or how they live can be enough to shrink cancer tumors. Others need surgery to cut out the tumor and let their body heal. Sometimes, treatment like chemotherapy or radiation is needed to kill cancer cells that cannot be reached or keep them from coming back.

• **Chemotherapy** is a medicine that targets and kills cancer cells. Sometimes it can be a pill, but often it must be taken through an IV line. An IV line puts liquid medicine into the blood through a needle and tiny tube stuck through the skin.

• **Radiation therapy** uses high-energy waves, like X-rays, to go through the skin. They target and kill cancer cells. As the cancer cells are destroyed, they dissolve, and the tumor shrinks. Both chemotherapy and radiation therapy are very good at killing



REFERENCE:
<https://kidshealth.org/en/kids/cancer.html>

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences



cancer cells. Sometimes, though, while destroying cancer cells, they can also hurt healthy parts of the body. That makes the person feel worse. This is called a side effect. Cancer medicine can come with side effects like feeling very tired, having an upset stomach, skin rashes, or hair falling out. However, these problems don't last. When treatment ends, the side effects go away. The person's hair grows back, their skin clears, and they feel much better.

While getting cancer treatment, a person may need extra rest or to stay away from many people to stay away from other germs. After treatment is done, doctors will do tests to see if the cancer is gone. A person whose cancer is gone is called "in remission." Even after a person is in remission, they may still need to go to the doctor from time to time to make sure the cancer does not come back.

If someone you know is told they have cancer, it can seem scary. Talk to your parents or another trusted grown-up about your feelings and questions you have about their situation. You may be able to help the person by encouraging them with a card, taking their family a meal, or offering them prayer or good wishes.



Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese	1 (5 ounce) package instant vanilla pudding mix	2 teaspoons vanilla extract
½ cup canola oil		
1 (18 ounce) package yellow butter cake mix	2 large egg whites	2 cups fresh blueberries
	2 large eggs	

1. Preheat oven to 325° F.

2. Lightly spray Bundt pan with nonstick cooking spray and dust with flour.

3. Combine cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.

4. Add cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.

5. Fold in berries.

6. Spoon batter into prepared pan.

7. Bake 60 minutes or until wooden toothpick inserted in center comes out clean.

8. Cool cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

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



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



Nicholas County

368 East Main

P.O. Box 3

Carlisle, Kentucky 40311