



NICHOLAS COUNTY 4-H NEWSLETTER

Martin-Gatton
College of Agriculture,
Food and Environment

“To Make the Best Better”

Read NOW!

March 2025

Winter is slowly leaving, and SPRING is on the way. With the new season, we will also begin a new season of 4-H Shooting Sports. If you are interested, please be sure to save the date for March 20th to come out and meet the coaches and get your questions answered. The information meeting will begin at 6 p.m. at the Nicholas County Livestock Barn located at 1471 Concrete Road. Our 4-H Shooting Sports program continues to grow and excel because of the wonderful leaders we have supporting our youth.

Summer Camp 2025 signups went great and Nicholas County was blessed to have the interest this year that we had. As of this newsletter, all GIRL spots are filled, and only 2 spots remain for BOYS. If you haven't registered, I still want to encourage you to fill out an application and join the waitlist. Each year we have campers who give up their spot due to a scheduling conflict that opens beds up, so be sure that you are on that waitlist if you want to attend.

Lastly, I want to mention Ag Tag as it is March and many of you reading this will renew your tags with the County Clerk this month. Last year we were fortunate to raise \$4100 through Ag Tag Donations and we hope to exceed that this year. Money raised through the Ag Tag program benefits both Nicholas County 4-H and Nicholas County FFA programs. As you approach your renewals, we invite you to consider the voluntary \$10 donation when renewing your farm license plate. If every resident of Nicholas County participates, we could raise \$14,850, imagine the difference that could make for our youth and the future of our community!

 **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

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



2025 NICHOLAS COUNTY 4-H SHOOTING SPORTS SIGN-UPS

ARCHERY-TARGET-BLACK POWDER-TRAP

MARCH 20TH AT 6 PM

Nicholas County Livestock Barn
1471 Concrete Road
Carlisle, KY 40311

AGES 8-18 WELCOME
REMEMBER HUNTERS EDUCATION SHOULD BE COMPLETED

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
4-H Youth Development

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

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



March 31st

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

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 receipt of public child support services. Reasonable accommodations 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



4-H Club NEWS

4-H HORSE CLUB



March 19th

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

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 receipt of public child support services. Reasonable accommodations 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



SAVE THE DATE

2024-2025

PHOTOGRAPHY Club FEBRUARY 7TH



• March 7th
Afterschool until
4:30 p.m.

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

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 receipt of public child support services. Reasonable accommodations 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



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

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 receipt of public child support services. Reasonable accommodations 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



Cooking Club

March 18th
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

SAVE! THE DATES

Afterschool until 4:30 p.m.

Teen Club

SAVE THE DATE

March 21st
Office until 4:30 p.m.

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

Cooperative Extension Service

STRUM AND GROW 4-H GUITAR CLUB

DATES WILL BE SENT ON REMIND | OPEN TO AGES 9-18 | SPACE IS LIMITED

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

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

NATURE CLUB

Join us

March 13th
Afterschool at the office until 4:30 p.m.

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

Kentucky Department of Agriculture and friends
present:

2025



Kick off 2025 at our *Livestock Spring Training Camps*

- Judging, Where do I begin?
- Nutrition... Captain Crunch or Frosted Flakes?
- What's that wool?
- Reeses vs Kit Kats, Evaluation and Making Decisions
- What's the banner worth?
- Guess what? You can leave YQCA Certified!

Your paragraph text

REGISTER BY
MARCH 15

SCAN THE QR CODES TO REGISTER:
COST IS \$25 FOR KENTUCKY
YOUTH AND \$50 FOR OUT OF STATE

MOREHEAD
HTTPS://FORM.JOTFORM.CO
M/250405512455146



MURRAY
HTTPS://FORM.JOTFORM.CO
M/250416591506152



For more information and to pay
for your registration fee visit:
[http://kypork.org/strive-for-the-
drive](http://kypork.org/strive-for-the-drive)

HOW YOUR \$10 AG TAG BUILDS BOUNDLESS FUTURES



100% TO AG

100% of Ag Tag funds are evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

KENTUCKY PROUD

Funds scholarships for programs like Athletes in Agriculture.

Makes events like the **Kentucky State Fair** and **North American International Livestock Exposition** possible.

KENTUCKY FFA

Provides travel scholarships for students and chapters competing at the **National FFA Convention**.

Offers grant opportunities for local chapters to enhance **classrooms and communities**.

KENTUCKY 4-H

Creates hands-on learning experiences, builds friendships, and fosters growth through **4-H Camp**.

Supports **skill development** through judging activities, 3-D design, and community projects.



Nicholas
County 4-H

‘TOGETHER, WE GROW.’ HOW TO HELP CELEBRATE NATIONAL AGRICULTURE EDUCATION WEEK WITH 4-H



Our communities across Kentucky and beyond are gearing up to celebrate National Ag Week, March 17-21. As part of the weeklong celebration, we are encouraging everyone to recognize and support agriculture's vital role in fueling our everyday lives. For 4-Hers, it's a great opportunity to learn more about the food and farming community—showing their pride and appreciation for Kentucky's hard-working agricultural industry. The official theme for this year's celebration is "Agriculture: Together, We Grow."

Here are several ways to help spread the word and help youth share in the celebration:

- Take a virtual field trip. Bring the farm and farmers to you through the "Kentucky Farms Feed Me" virtual field trip series at teachkyag.org/kyfarmsfeedme, a program of the Kentucky Agriculture and Environment in the Classroom.
- Learn more about what's growing in your county. Check out the Kentucky Food and Farm website at kyfoodandfarm.info to learn what farmers are growing where you live.
- Prepare a farm-to-table feast. Serve your family a meal that highlights the quality and abundance of locally grown and raised agriculture products in Kentucky.



- Share what you know through youth group discussions. At your next 4-H club meeting, talk with your peers about what agriculture means to you and how it affects your community.
- Explore agricultural career opportunities. Careers in agriculture include a myriad of jobs in food production, agricultural engineering, environmental science, animal nutrition and more. Learning about these career possibilities is a great way to support the industry's future. Visit kyagworks.org for career profiles and job quizzes.
- Thank a farmer and anyone that contributes to agriculture. Reach out to farmers and anyone you know in your community who impacts this vibrant industry. Express your gratitude for their work and contributions.
- Spread the word on social media. Your county extension office's social media pages are an excellent place to find posts you want to share/reshare. With adult guidance, 4-Hers can remind their family and friends online of agriculture's impact on their lives.
- Participate in the Kentucky Agriculture Poster and Essay Contest. Share what Kentucky agriculture means to them through the written word or colorful artwork. The 2025 theme is "Kentucky Agriculture Makes Me Proud." Find entry information at kyagr.com/marketing/poster-essay-contest.html.

Find entry information at kyagr.com/marketing/poster-essay-contest.html

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



MARCH 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

USE GOOD WORDS FOR FOOD

The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy. The words we use when we talk about food can change how we feel about eating. If we



Continued on the next page →



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 is available. For more information, contact the National Center for Inclusive Extension at www.ncei.org, University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.

Lexington, KY 40506

By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

Continued from the previous page →

say things like, "that food is unhealthy," or "you shouldn't eat that," it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, "this food gives me energy," or "this helps my body stay strong," we start to see food as something that helps us feel good.

It is important to remember that no food is really "bad," it's all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won't be as healthy. It's about having all types of food in different amounts.

When we say foods are "good" or "bad," it can make us feel like we're doing something wrong

This gives me energy.



when we eat the "bad" food. Instead of using these words, we can talk about food in a more helpful way.

It's also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it's a treat or a healthy meal, food is something to enjoy.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Elyn Satter Institute. <https://www.elynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Elyn Satter Institute. (n.d.). The Joy of Eating: Being a competent eater. Elyn Satter Institute <https://www.elynsatterinstitute.org/how-to-eat-the-joy-of-eating-being-a-competent-eater>






YOUTH HEALTH BULLETIN

Written by:
Anna Cason, RDN
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware © University of Kentucky School of Human Environmental Sciences



March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 						
<p>2</p>	<p>3</p>	<p>4 Livestock</p>	<p>5</p> 	<p>6</p> 	<p>7 Photography</p>	<p>8</p> 
<p>9</p>	<p>10</p> 	<p>11 Livestock Farm Family Night Sewing Club</p>	<p>12</p>	<p>13 Nature Club</p>	<p>14</p>	<p>15</p> <p>4-H Teen Retreat – Feltner 4-H Camp</p>
<p>16</p>	<p>17 Cloverbuds</p> 	<p>18 Livestock Cooking Club</p>	<p>19 Horse Club</p>	<p>20 Environmental Camp Parent Meeting for 4th grade – 5 p.m. NCES</p> <p>Shooting Sports Information Meeting 6 p.m.</p>	<p>21 Teen Club</p>	<p>22</p>
<p>23</p>	<p>24</p>	<p>25 Livestock</p>	<p>26</p> <p>NCES 4th Grade Environmental Camp</p>	<p>27</p>	<p>28</p> 	<p>29</p> 
<p>30</p> 	<p>31 Ag Adventure</p> 					



Dijon Chicken Asparagus Roll Ups

3 tablespoons

Dijon mustard
½ cup low fat mayonnaise
1 lemon, juiced
(approximately 3
tablespoons)

2 teaspoons

dried thyme
black pepper
½ teaspoon salt
16 spears fresh
asparagus, trimmed

4 skinless, boneless

chicken breast halves
(about 5 ounces each)
4 slices skimmed
mozzarella cheese
1 cup panko bread crumbs

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

