

NICHOLAS COUNTY 4-H NEWSLETTER



"To Make the Best Better"

May 2023

Hello 4-H'ers! As we wrap up our program year for Teens, Sewing, Cooking, Livestock, and Cloverbuds, I want to say THANK YOU for participating and helping us to grow with a 175% increase in 4-H member enrollment in the 2022-23 program year. I hope we can keep the momentum going in to the next program year and grow even more. Tell your friends what you love about being involved in 4-H, and spread the word!

With May here, that also means we are growing closer to our summer camp dates. We will begin finalizing plans, classes, and events soon. Please watch our page for details on class sign-ups! We will be rolling those out soon. We still have a waiting list, but I am working hard to get everyone a place at camp that wants to go.

Lastly, fair season is upon us. Please watch our page for fair entry submission categories. I went to State Fair last year with 1, yes ONE, entry which wasn't a true representation of how talented Nicholas County kids are! Please begin thinking about possible entries. Don't forget if you BLUE RIBBON at county, you move on to State Fair and will earn 2 tickets to attend.

Project DAYS

We are down to our last Fair Project date!

May: Leather Stamping 5/11

MAY 4-H FAIR PROJECT DAY
Leather Stamping
Ages 9 and up
May 12th after school until 4:30 at
the Nicholas County Extension Office

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

SCAN ME! >>>



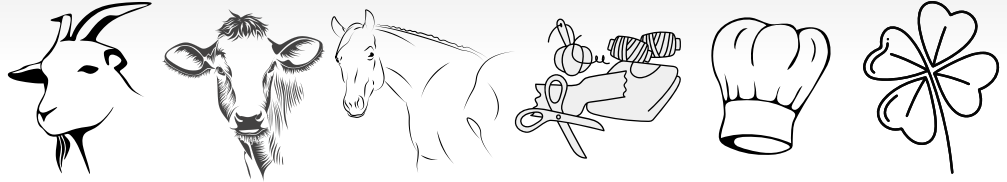
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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

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Disabilities
accommodated



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

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LEWISTON, KY 40340

Disabilities
accommodated
with prior notification.

NICHOLAS COUNTY FAIR LIVESTOCK SHOWS



Check in time for ALL shows 3-5 PM

Show 6:00 PM

\$100 Grand Champion 4-H/FFA animals

\$50 Reserve Champion 4-H/FFA animals

Prizes will be awarded to showmanship winners & breeding shows

Breeding & market shows for all species

Novice (ages 5-8) for all species

Wednesday, June 14th - market heifer/steers, breeding heifers

Thursday, June 15th - commercial ewes/ market lambs

Friday, June 16th - wether dams/ market goats

Saturday, June 17th - breeding gilts/ market hogs



Mother's Day Project

Just in time for Mother's Day, we will be hosting a flower pot painting and planting day. Space is limited so register soon!



When: Friday May 12th
Time: 3:30PM
Where: Livestock Barn



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The Great Pumpkin Seeding

Come plant a pumpkin seed
for a Halloween pumpkin
May 25th at 3:30 p.m. at
The Livestock Barn



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COUNTRY HAM PROJECT

Dates	Topic	Location	Time
January 16 th	4-H Country Ham Curing	Livestock Barn	TBD
February 9 th	4-H Ham Speech Writing Workshop- Bring Laptop or Chromebook if you have one and/or paper and pencil	Livestock Barn	6:00 p.m.- 7:00 p.m.
March 30 th	Rough Speech due- bring speech to be given. We will work on refining it	Livestock Barn	6:00 p.m.- 7:30 p.m.
May 4 th or May 5 th (pick which works best for you)	1 st Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 2 nd	Final Speech Preparations	Extension Office	Appointments will be made to work with each of you individually to prepare for State Fair
August 14 th or 15 th (pick which works best for you)	Final Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 17 th	Kentucky State Fair 4-H Country Ham Day -You will need your own transportation to and from the Kentucky State Fair. We will provide each participant with 2 tickets to the fair	Louisville, Kentucky	ALL DAY
November 16 th (tentative)	4-H Country Ham Auction	Livestock Barn	6 p.m.



SCAN ME 
To register for your pick for cleaning day

May is Water Awareness Month

It's In Our Water...

Runoff Pollution:

Rainwater runs off hard surfaces such as roads, sidewalks and roofs, instead of soaking in, which causes flooding and erosion and carries pollutants like trash, oil, and bacteria.

Homeowners often overuse fertilizers, herbicides, and pesticides, and improperly dispose of yard waste, oil, and chemicals.

Poorly maintained or failing septic systems add to bacteria problems.

Animal waste introduces bacteria to streams.

Logging and construction expose dirt, and if not properly managed, this dirt runs off into nearby streams.

Runoff from improperly managed crops introduces fertilizers, herbicides, pesticides, and dirt to streams.

Trash is not just ugly, it affects the health of the water.

Learn More About the Health of Your Stream!

Go to the Kentucky Division of Water, Water Health Portal: watermaps.ky.gov

Go to the Watershed Watch Data Portal: kgs.uky.edu/wwqy

Take Action to Improve the Health of Your Stream!

- ⇒ Participate in a group like Watershed Watch: kywater.org
- ⇒ Take action on your own:
 - Organize a stream cleanup
 - Pick up after your pet
 - Use chemicals as recommended
 - Plant a rain garden
 - Install a rain barrel
 - Educate others
- ⇒ Contact your Division of Water River Basin Coordinator: (502) 564-3410



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Stream Health Pocket Guide



WATERSHED WATCH
IN KENTUCKY



Damselflies (pictured), like dragonflies, begin their lives in water.

If It's On The Ground,



A watershed is an area of land from which all of the water drains to a common stream, river, or lake. The rainwater that runs across the ground (runoff) picks up pollutants as it goes. Everyone must do their part to reduce and slow down runoff pollution before it gets into the water.



YOUTH

HEALTH BULLETIN



MAY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <https://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

MENTAL HEALTH MATTERS!

a **GOOD TALK** always makes me **FEEL BETTER!**



The first week in May is Children's Mental Health Awareness Week in the United States. What is mental health? You may have heard these words before and wondered what they meant. Mental health is how your brain turns your thoughts into feelings and actions.

As you grow, you experience many new things. Sometimes, those things are great, wonderful, and exciting! Other times, they can be scary, worrisome, or upsetting. All people have emotions. No emotion is bad or wrong to feel. However, we have to learn how to deal with our emotions. We have to learn how to express our feelings in a way that helps us feel better without hurting someone else. How we process our emotions is part of our mental health.

Continued on the next page →



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LEXINGTON, KY 40546

Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!

→ **Continued from the previous page**

Can you think of a time when you had BIG feelings, and were not sure how to handle them? Most people end up in a similar situation at some point. There are things you can do when you have big feelings to help you feel better.

Label your feelings

When you start to feel too much all at once, try to stop and think about all of the ways you feel. Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!



SHEESH...
WHAT A DAY I'VE HAD.
CAN WE **TALK?**

Talk about your feelings

A lot of times, telling someone about how we feel and why can help us to feel better. Grown-ups such as your parents, teacher, caregivers, or coaches can be a great resource to talk to about your feelings. If you are having a hard time figuring out how you feel or knowing how to deal with difficult feelings, your doctor might be able to help. Just like other parts of your body, they are trained to help your brain feel better, too!

How you think, feel, and act are all important parts of your mental health! Just like you are learning how to identify and respond to your feelings, so are your friends, siblings, and classmates. You can be a help to others when they are having a difficult time with their feelings by being kind, understanding that everyone has hard days, and pointing them to a grown-up who can help, if needed.

REFERENCE:
<https://kidshealth.org/en/kids/talk-feelings.html>

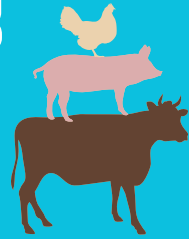
Identify a cause

Next think about why you feel that way. Was there a reason you started to feel a certain emotion? Try to connect a reason to each of the emotions you feel. It is OK if you can't. Sometimes our brains send confusing messages, and you may need help to figure out why you feel a certain way.



Written by:
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Chris Ware (© University of Kentucky School of Human Environmental Sciences)

ADULT HEALTH BULLETIN



Happy May everyone!! I know these last few weeks have not been the best for a lot of us that may have started planting our vegetable gardens, those that have started planting crops or those of us that have done a little of both already these low temperatures and frosts haven't been our friend BUT there is light at the end of the tunnel warmer days are ahead of us and hopefully mother nature will cooperate, with that being said for you tomato, green bean and tons of other warm season vegetable lovers this is your month to start getting those into the ground!

USDA has announced signs up for the Pandemic Assistance Revenue Program (PARP) information about the program is in the newsletter!

Lastly, below I have placed what Dr. Chad D. Lee, PhD. Grains Director had sent out about the freezes/cooler temps we have gotten. I have also placed their article that was put on the KYGrains.info talking about the stages and freezes. article can also be found at www.KyGrains.info

"2 freezes and corn

The very short answer is that most corn should recover even if top growth is damaged. Emergence will be slowed for seeds that have not done so.

Soybeans in the crook stage are most likely to be killed. Often, soybeans that only have the cotyledons do not survive.

Corn and soybeans seeds or plants with open furrows likely did not survive.

We need about 5 days of warm weather (highs above 50) before symptoms are clearly evident. "

*Chad D. Lee, Ph.D.
Extension Professor, Grains
Director, Grain and Forage Center of Excellence
University of Kentucky*



Soil Testing

If you haven't already started its that time of year to get you soil samples for the 2023 growing season. Soil Conservation has graciously offered to pay for the first 5 samples per person until June 30, 2023



Upcoming Events

- May 9th Wheat field day @UKREC Farm in Princeton.

Registration @8am

Preregistered Events

- May 16th-18th Pork Processing Workshop @UK Meats Lab
- May 23rd-25th Beef Processing Workshop @UK Meats Lab

Questions/Contact if you would like to attend:

gregg.rentfrow@uky.edu
859-257-7550

Shelby Cleaver



2023 April Freeze Effect on Corn and Soybean

Chad Lee, Conner Raymond, and Carrie Knott
University of Kentucky

Freezing temperatures were recorded across Kentucky Monday morning, April 24, 2023. The coldest temperatures were mostly in central and eastern Kentucky, but freezing temperatures were as far west as Trigg and Webster counties. Temperatures fell to or slightly below freezing in the following counties from Sunday to Monday: Butler, Caldwell, Carroll, Christian, Crittenden, Graves, Grayson, Hardin, Logan, Meade, Ohio, Taylor, and Webster counties (Table 1, at the end of this article). Webster and McLean County were the coldest at 30°F. Frosts likely occurred west of these counties. The good news is that soil surface temperatures likely stayed in the low 50's to mid-40's. This is based on soil surface temperatures measured at UKREC in Princeton, KY. About 36% of corn acres and 20% of soybean acres were planted as of April 23, 2023, according to the USDA-NASS.

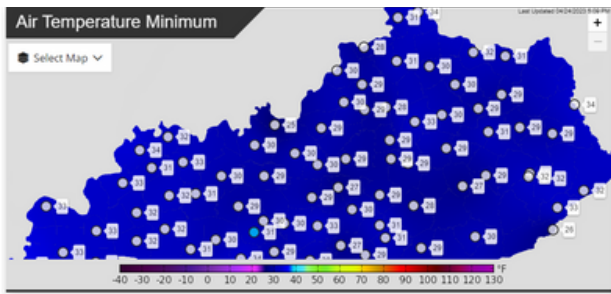


Figure 1. Kentucky Mesonet recordings of lowest air temperatures since midnight April 24, 2023.

Corn and Soybeans at Risk

Corn and soybeans are at more risk to death from the freeze events at specific growth stages and in certain conditions. The following scenarios go from greatest risk to least risk of plant death from the freeze events. Soybeans at the “crook” stage where the stem is emerged and bent over like a shepherd’s crook were the most susceptible to the freeze (Figure 1). These plants were most likely to be killed by the freeze or frost. At crook stage, typical damage is along the stem with some yellowing of the cotyledon. This will be followed by plants snapping off where damage was observed (Figures 2 and 3).

Corn and soybean seeds and seedlings in furrows that were not fully closed are at risk of being killed by the freeze.

Corn or soybean seeds that were planted shallow had a slight risk of freeze damage, although plant death from the freeze is unlikely.

Corn plants emerged may have tissue above the soil surface die off from the freeze, but the growing points should have been insulated beneath the soil surface. Those corn plants should recover well. No yield loss is expected.

Soybean plants that have FULLY emerged and are at the VE growth stage (emergence) should survive the freeze event, based on observations during freeze events in late April 2021 and early May 2020. If the soybean cotyledons survive, the soybean plants will survive, and no yield loss will occur. If the cotyledons do not survive, the plant will not survive, either.

Corn and soybean seeds at proper planting depths are at very little risk from the freeze. Corn and soybean radicles (the shoots emerging from the seeds) that are still below the soil surface likely were insulated and will survive.

We need about 5 days of warm weather before symptoms are easy to see. Based on current forecasts, it may take six or seven actual days to get the 5 days of good growing conditions. Plants or plant parts that have turned black or brown and have lost turgor pressure are easy to identify.

Corn plants need to be examined from the seed upward. We are assuming that the roots are deep enough to not be a concern. Dig up some corn plants and look for any signs of brown/black areas from the seeds upward. If plants are white to yellow beneath the soil and turgor pressure is good, then the seedlings are likely to survive.

Maybe Just a Chill

Corn and soybean seeds that are in the process of germinating during the freeze are at risk of taking in cold water (imbibitional chilling) within the first 24 to 48 hours after planting. If the soil temperatures were below 50F for an extended period during those 24 to 48 hours, then the seeds are more likely to be damaged. There is some debate about how long the soils need to stay below 50F before severe damage is done from the imbibitional chilling. We can say those seeds are at risk. At this point, either the seeds were damaged, or they were not from imbibitional chilling. Emergence will be slower in these fields. The fields can be scouted in about five days or so to determine the health of germinating seeds and/or emerged plants.



Figure 2. Soybean plants at the ‘crook’ stage. Stems are fully exposed, but cotyledons have not moved above soil surface yet. (Soybean images by Conner Raymond and Carrie Knott)



Figure 3. Early signs of freeze damage observed on a soybean plant after 3-4 days of active growth. When freeze damage occurs at crook stage, yellowing of cotyledon and stem damage are visible. (Soybean images by Conner Raymond and Carrie Knott)



Figure 4. Final stage of crook freeze damage to plant appears after 7-10 days of active growth. Top portion of plant has broken off at site of damage (Soybean images by Conner Raymond and Carrie Knott)



Figure 5. Emerged corn seedling with freeze damage at the very top of the emerged seedling, but no damage closer to the soil surface or below it. (Image by Chad Lee)

USDA Announces Signup for Pandemic Assistance Revenue Program (PARP)

The Pandemic Assistance Revenue Program (PARP) will assist eligible producers of agricultural commodities who experienced revenue decreases in calendar year 2020 compared to 2018 or 2019 due to the COVID-19 pandemic. PARP will help address gaps in previous pandemic assistance, which was targeted at price loss or lack of market access, rather than overall revenue losses.

USDA's Farm Service Agency will accept PARP applications from

January 23, 2023, through June 2, 2023.

Eligible and Ineligible Commodities

For PARP, eligible agricultural commodities include crops, aquaculture, livestock, livestock byproducts, or other animals or animal byproducts that are produced as part of a farming operation and are intended to be commercially marketed. This includes only commodities produced in the United States or those produced outside the United States by a producer located in the United States and marketed inside the United States.

The following commodities **are not eligible** for PARP:

- Wild free-roaming animals
- Horses and other animals used or intended to be used for racing or wagering
- Aquatic species that do not meet the definition of aquaculture
- *Cannabis sativa L.* and any part of that plant that does not meet the definition of hemp
- Timber

Program Eligibility

PARP payments will be made on a whole-farm basis, not commodity-by-commodity. To be eligible for PARP, an agricultural producer must have been in the business of farming during at least part of the 2020 calendar year and must have experienced a 15 percent decrease in allowable gross revenue in 2020, as compared to either:

- **The 2018 or 2019 calendar year, as elected by the producer, if they received allowable gross revenue during the 2018 or 2019 calendar years, or**
- **The producer's expected 2020 calendar year allowable gross revenue, if the producer had no allowable gross revenue in 2018 or 2019.**

PARP payments will be issued after the application period ends on June 2, 2023.

For more information on determining allowable gross revenue visit

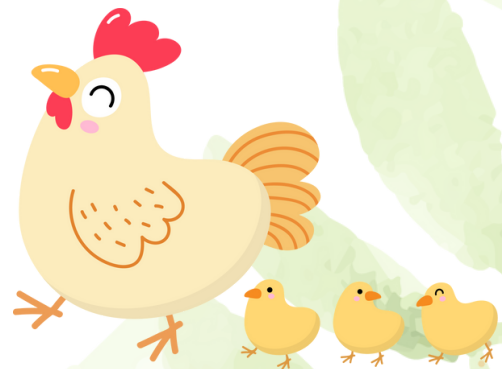
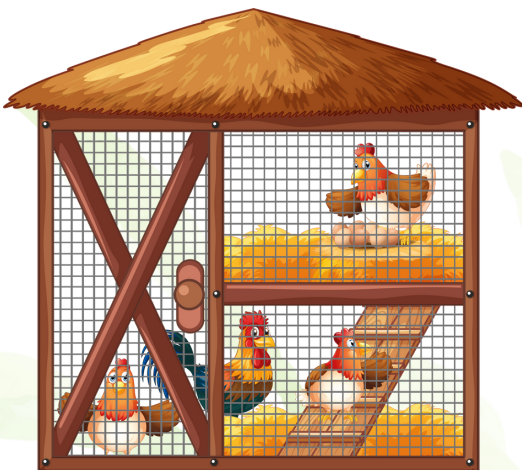
[farmers.gov/coronavirus/pandemic-](https://farmers.gov/coronavirus/pandemic-assistance/parp)

[assistance/parp](https://farmers.gov/coronavirus/pandemic-assistance/parp) or review the PARP fact sheet. To apply for PARP, contact your local USDA Service Center.

10 Backyard Basics on Chickens

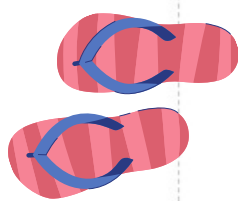


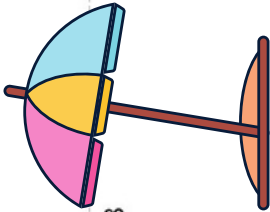

Having a small chicken flock in the backyard is very popular these days. To have a successful flock producing eggs for your family, you'll want to learn the basics.

1. Make sure you check your local city and county ordinances to ensure you're able to have a backyard flock. Some ordinances require a minimum amount of land and some subdivisions and homeowners' associations have their own rules.
2. Chickens require daily care. You must feed them, provide clean water and collect eggs every single day. Managing a small flock is an excellent opportunity to teach children a certain amount of responsibility, but ultimately, you'll oversee the health and well-being of your flock.
3. Birds get sick and it may be difficult to find a veterinarian to provide care for them.
4. Cleanliness and sanitation are critical elements in caring for a small flock. Everyone must wash their hands before and after handling the birds. Also, no matter how tempting, avoid bringing your chickens into the house and don't use your kitchen sink to wash equipment.
5. Poop happens. Chickens eat a lot and hens use about 60% of the feed they consume and excrete the other 40% as manure. You must have a plan for that manure. One option is adding it as an odor-free fertilizer for your home garden.
6. Keep it down. Chickens make noise. Only roosters crow, however, hens are not always quiet and can make a lot of noise letting everyone know they just laid an egg.
7. The egg season will come to an end. Chickens stop producing eggs at some point in their lives and may live a long time beyond their egg-laying years. Have a plan for what you will do with hens that stop producing. If you keep them as pets, you'll have to keep feeding them and providing other resources for their care.
8. Housing is a big part of keeping a flock. Your birds will need a house that provides shelter from the weather, nest boxes for egg laying and perches for roosting at night. Make sure housing is easy to clean and provides protection from predators. You'll have to manage their bedding well to prevent rodents from making your chickens' house their home.
9. Scratch that. Chickens scratch when they forage. If you let hens run free, you may need to place a fence around your garden if you don't want the birds to destroy it.
10. Know how to get chicks. You will most likely want to raise your hens from chicks. You can buy them online and have them shipped to your home, but some suppliers have minimum quantities for orders. You may have neighbors or friends who also raise chickens willing to join you in an order. Remember you'll need to provide new chicks with a heat source, such as a lamp, for at least six weeks.



May 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 7	1 Shooting Sports 6 pm 8 Shooting Sports 6 pm	 2 9 Wheat Field Day	3 Trap Shooting Sports 6 pm 10 Trap Shooting Sports 6 pm	4 Ham Cleaning  11	5 Ham Cleaning 12 Leather Stamping Day Mother's Day Flower Pot Project	6 PROM 13
14 21	15 New Beginnings 4-H in the classroom Shooting Sports 6 pm 22 Shooting Sports 6 pm	16 Pork Processing Class Day 1 23 Beef Processing Class Day 1	17 4th Grade- 4H Pork Processing Class Day 2 Trap Shooting 24 Beef Processing Class Day 2 Trap Shooting Sports 6 pm	18 Pork Processing Class Day 2 25 Class Night Pumpkin Seeding Beef Processing Class Day 3	19 26 Blood Drive at the NC Library	20 27 Graduation
 28	29 Shooting Sports 6 pm 30	31 Trap Shooting Sports 6 pm				



Strawberry Salsa

1 tablespoon olive oil	2 cups , coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- 4.** Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

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

