



NICHOLAS COUNTY 4-H NEWSLETTER

February 2024



Martin-Gatton
College of Agriculture,
Food and Environment

"To Make the Best Better"

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Teen Club
FEBRUARY

January 30th - Office-Trivia and Tacos!
Afterschool - 4:30 p.m.

February 28th - Office - Afterschool - 4:30 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

GOODWILL MEETS 4-H

• 2024 UPCYCLE CHALLENGE •

OVERVIEW

Each participant (must be in grades 8-12 to participate) will receive a \$20 Goodwill voucher for the purpose of collecting materials from their local Goodwill store. Vouchers can ONLY be used at Goodwill locations listed on www.goodwillky.org/4H.

Participants will use their sewing skills to revamp the items, turning something old into something new, based on the 4-H upcycling guidelines.

PHOTO GUIDELINES

Each participant may only submit **ONE** before photo and **ONE** after photo, and they must be wearing or holding their items in each photo. Photos must be taken using **vertical/portrait orientation**.

DATES

FEBRUARY 28: FINAL day to sign up with your 4-H agent
MARCH 5: Goodwill vouchers will be mailed/distributed
APRIL 26: Deadline to submit photos to www.goodwillky.org/4H
MAY 13-17: Voting will take place on Goodwill's Facebook & Instagram (@goodwillky)



- PRIZES**
- 1st place: Teen Conference registration + \$100 Goodwill gift certificate
 - 2nd place: \$150 toward Teen Conference registration + \$50 Goodwill gift certificate
 - 3rd place: \$40 Goodwill gift certificate
 - 4th place: \$30 Goodwill gift certificate
 - 5th place: \$20 Goodwill gift certificate
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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



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ADVANCED SEWING FOR 8TH-12TH GRADERS

**FEBRUARY 8TH
AFTERSCHOOL TIL
4:30 P.M.**

SCAN ME



*Want a camp
application mailed to
you? Scan the QR Code
above to get on our list.
On February 15th we
will release applications!*



COME ONE, COME ALL TO THE GREATEST CAMP ON EARTH

CAMP KICKOFF EVENT

**MARCH 5TH AT 6 P.M.
NICHOLAS COUNTY LIVESTOCK BARN**



REGISTRATION

INFORMATION

- REGISTRATION WILL BEGIN MARCH 5TH AT 6 P.M. AT OUR 4-H SUMMER CAMP KICKOFF EVENT HELD AT THE NICHOLAS COUNTY LIVESTOCK BARN
- CAMP SPOTS WILL BE RESERVED ON A FIRST-COME, FIRST-SERVE BASIS BY PAPER APPLICATION ONLY.
- THE APPLICATION MUST BE COMPLETE AND INCLUDE A COPY OF THE CAMPER'S MEDICAL INSURANCE FOR YOUR CAMPER TO RECEIVE A SPOT. WE CANNOT HOLD A SPOT WITH AN INCOMPLETE APPLICATION.
- CAMP PAYMENT OPTIONS ARE BELOW
- LIMITED SCHOLARSHIPS WILL BE AVAILABLE. A \$50 DEPOSIT IS REQUIRED UPON IN ORDER TO HOLD YOUR SPOT AS YOU WAIT FOR THE SCHOLARSHIP COMMITTEE TO REVIEW YOUR APPLICATION. APPLICATIONS WILL NOT BE CONSIDERED WITHOUT COMPLETE INFORMATION.



PAYMENT PLANS

OPTIONS:

- OPTION A:** PAY IN FULL WITH APPLICATION
- OPTION B:** PAY HALF WITH APPLICATION AND REMAINING HALF BY JUNE 21ST
- OPTION C:** PAY \$100 AT TIME OF APPLICATION, 2 ADDITIONAL PAYMENTS OF \$100 MADE BEFORE JUNE 21ST





CLVERBUDS

NEXT MEETING: February 15th afterschool til 4:30 p.m.
Nicholas County Elementary Cafeteria

Child must have their GREEN enrollment form on file to attend!

Call (859) 289-2312 if you have questions

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Martin-Gatton
College of Agriculture,
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University of Kentucky

4-H Horse Club

Nicholas County Cooperative Extension Office

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 Agriculture and Natural Resources
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4-H Sewing Club

FEBRUARY 14TH AFTERSCHOOL TIL 4:30
FINISHING PAJAMA SHORT PROJECTS

Cooking Club

Friday, February 16th afterschool
 til 4:30 p.m. at **LIVESTOCK BARN**

Cooperative Extension Service
 Nicholas County
 University of Kentucky
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University of Kentucky

NICHOLAS COUNTY

4H LIVESTOCK

JOIN US

EVERY TUESDAY **FEBRUARY 6TH**
6:00 P.M. **13TH**
 20TH
 27TH!

REMEMBER EVERY LIVESTOCK MEMBER IS REQUIRED TO REACH 6 EDUCATIONAL HOURS!

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 LEXINGTON, KY 40546

4H Nature Club

Nicholas County Ext. Office
368 E. Main Street

February 1st

Afterschool until 4:30PM



PHOTOGRAPHY 4-H Club

February 9th
Afterschool - 4:30
pm

NORTH CENTRAL 4-H CAMP PRESENTS... **CLOVERBUD CAMP** JUNE 29-30, 2024

A CAMP JUST FOR OUR 6 TO 8 YEAR OLDS

JOIN US FOR A WEEKEND AT THE "GREATEST CAMP ON EARTH"



APPLICATIONS WILL GO HOME WITH CLOVERBUDS AT
THEIR FEBRUARY 15, 2024 MEETING. REGISTRATION
WILL OPEN ON FEBRUARY 19TH. LIMITED SPOTS
AVAILABLE!

**CLOVERBUD
CAMP FEE:
\$165**

Cooperative
Extension Service



Kentucky 4-H Summit

Middle School Leadership Conference

March 21-23, 2024 | Price: \$125

Make friendships with 4-H'ers from across the state
Service Project | Fun Workshops | Find your spark
Opportunities to learn and grow

Register by 2/1/2023!

COMMUNICATION

ESSENTIAL SKILLS FOR SPEECH CONTEST SUCCESS

The State 4-H Communication Contest is just on the horizon. This contest brings youth from across the state to a one-day culminating event. Youth who have competed and won at their area level earn the opportunity to participate. There are several categories for youth to enter as they begin this process at the county level such as speech, demonstration or mock job interview contests.

From there, they will be placed in a category based on age or a core subject area. Core areas include Agriculture, Communication and Expressive Arts, Family and Consumer Sciences, Health, Leadership, Natural Resources and Science, and Engineering and technology. Youth are scored based on certain criteria during this contest and, depending on the score, can advance from the county to area contests and then to the state level. At the end of the contest, the top-scoring youth will be named the champion for that category.

To perform their best, young orators must be equipped with specific skills to ensure their success. These contests are not just about speaking well; they are about captivating an audience, conveying a message effectively and showcasing confidence and clarity.

1. Understanding the Audience:

Youth must understand their audience. Different audiences have varied interests, levels of understanding and expectations. Speakers should learn to tailor their speech to resonate with their listeners, whether it's a panel of judges or a crowd of their peers.

2. Research and Content Development:

A well-informed speech is the backbone of effective communication. Presenters should thoroughly research their topic and provide their findings in an organized, engaging manner. This involves critical thinking and the ability to discern credible sources.

3. Structuring the Speech:

A clear structure is crucial. Beginning with an engaging introduction, transitioning into a well-organized body, and ending with a memorable conclusion helps retain the audience's attention. Young speakers should learn the art of crafting each part effectively.



4. Mastering Public Speaking Techniques:

Public speaking is an art that includes mastering body language, vocal variety and eye contact. Coaches should emphasize the importance of gestures, facial expressions and movement to add dynamism to the speech.

5. Overcoming Stage Fright:

Building confidence is essential. This includes strategies to overcome nervousness, such as deep breathing exercises, practice and positive visualization.

6. Rehearsal and Feedback:

Regular practice and constructive feedback are invaluable. Speakers should rehearse their presentation multiple times and seek feedback to refine their delivery.

7. Embracing Originality and Authenticity:

Encouraging young speakers to be themselves and express their unique perspectives adds authenticity to their speech, making it more relatable and impactful.

Preparing young speakers for communication contests involves a holistic approach beyond mere verbal proficiency. It's about instilling confidence, teaching the nuances of effective communication, and encouraging a personal touch that resonates with the audience. With these skills, young orators are not just prepared for contests; they are equipped for life-long effective communication.



FEBRUARY 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 LIMIT CAFFEINE

energy drink?



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

Continued on the next page →



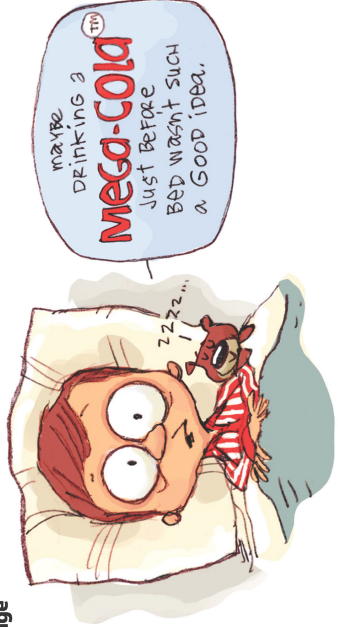
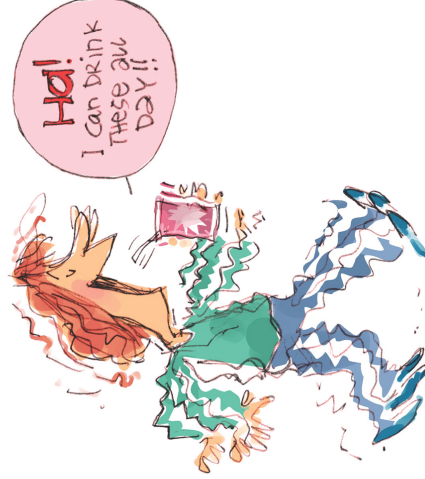
Kids should mostly drink water throughout the day and milk with meals.

Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

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

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



February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4-H Nature Club	2 National Wear Red Day Groundhog Day	3
4	5	6 Livestock Club	7	8 Sewing for 8th-12th graders	9 4-H Photography	10
11 Wear Red Sunday	12 GO RED Heart Event at Livestock Barn 6 p.m. - FREE MEAL	13 Fair Board Meeting Livestock Club	14 Happy Valentine's Day 4-H Beginners Sewing	15 Cloverbuds CAMP APPLICATIONS RELEASED!!!!!!!	16 4-H Cooking Club	17 National Random Acts of Kindness Day
18	19 President's Day	20 Livestock Club	21	22	23	24
25	26	27 Livestock Club	28	29 LEAP DAY!		

February is:

Black History Month

American Heart Month

Self Check Month

22
Kentucky 4-H Volunteer Forum—Lexington, Kentucky



Baked Broccoli Frittata

1 cup broccoli florets
½ cup tomato, diced
1 small red bell pepper, sliced
2 green onions, sliced into 1 inch pieces

1 tablespoon olive oil
6 whole eggs
¼ cup Dijon mustard
2 tablespoons water
¼ cup 2% milk
¼ teaspoon salt

¼ teaspoon black pepper
½ teaspoon Italian seasoning
1 cup low fat mozzarella cheese, divided

Preheat oven to 375 degrees F. **Place** broccoli florets, diced tomato, bell pepper and green onions in a 9 x 13 inch baking dish. **Spoon** olive oil evenly over vegetables. **Roast** the vegetables in the oven until crisp-tender, approximately 10 minutes. In a bowl, **combine** eggs, Dijon mustard, water, milk, salt, black pepper and Italian seasoning. **Whisk** mixture until frothy. **Stir** in ¼ cup of shredded low fat mozzarella cheese. **Pour** the egg

mixture over the roasted vegetables. **Stir** gently with a fork to combine. **Sprinkle** the remaining ¼ cup of mozzarella cheese over the top. **Return** to oven and **bake** 20-25 minutes or until set and cheese is browned on top. **Serve** immediately.

Yield: 8 servings.

Nutritional Analysis: 130 calories, 8 g fat, 3 g saturated fat, 170 mg cholesterol, 400 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g sugar, 9 g protein.



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

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