



# NICHOLAS COUNTY 4-H NEWSLETTER

## November 2023



Martin-Gatton College of Agriculture, Food and Environment

**“To Make the Best Better”**

Happy Thanksgiving 4-H'ers!  
In this month's newsletter you will find all of the updated flyers for club meeting dates. Please pay close attention to the dates as Thanksgiving Holiday has thrown many of our club meeting dates off. We didn't want you to miss anything, so we have adjusted our schedules to make sure we see you in club meetings. If you have any questions, as always, don't be afraid to contact us.

Lastly, the Community Survey is still up and we are needing to hear from YOU and your family. Please scan the qr code or stop by the office for a paper copy of the survey. This will help drive our programming and let us know exactly what Nicholas County wants and needs from extension.

See you soon, and again we wish you a Happy Thanksgiving!

*Shelby Cleaver*

*Ashley A. Vice*

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



**UK** Ashley Vice  
County Extension Agent for PCS/4H  
University of Kentucky  
368 East Main Street  
Carlisle, KY 40311  
859-473-4432  
ashley.vice@uky.edu

**Teen Club**  
**NOVEMBER KICKOFF**  
November 27th afterschool til 4:30 p.m.  
Officer Elections  
Club Planning

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

An equal opportunity

**NICHOLAS COUNTY**

**How can we serve you?**

Take a ten-minute survey to help us develop programs addressing needs in our community.

[go.uky.edu/serveKY](https://go.uky.edu/serveKY)

**KENTUCKY COOPERATIVE EXTENSION**

### 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.





# CLOVERBUDS

**NEXT MEETING: November 16th afterschool until 4:30 p.m. for ages 5-8**

**at Nicholas County Elementary Cafeteria**

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

**Call (859) 289-2312 if you have questions**

Cooperative Extension Service

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

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UK Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.



4-H Horse Club



November 1st, 2023  
3:30 p.m.-4:30 p.m.



Nicholas County Cooperative  
Extension Office

Cooperative Extension Service

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

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## 4-H Sewing Club

NOVEMBER 13TH AFTERSCHOOL-4:30 P.M

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 Club Meetings

## JOIN US

EVERY TUESDAY  
6:00 P.M.

NOVEMBER 7  
NOVEMBER 14  
NOVEMBER 21  
NOVEMBER 28!

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

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

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## Cooking Club

Friday, November 10th afterschool  
til 4:30 p.m.





# MONEY HABITUDES

Join us as we make money conversations fun and discover practical tips for changing your financial habits and attitudes

November 14th

2 class options: 2 pm. or 6 p.m.  
Nicholas County Extension Office

Cooperative  
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Identical programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all race/ethnicities on the basis of sex, race, ethnic origin, national origin, creed, religion, political beliefs, sex, sexual orientation, gender identity, genetic information, marital status, place of birth, ancestry, age, military status, physical or mental disability or impairment or information for prior civil rights activity. Reasonable accommodations of disability may be available with the Center Program Extension staff or made available by telephone after 9 a.m. through 4 p.m. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Cooperative Extension, Lexington, KY 40506



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



# PHOTOGRAPHY 4-H Club

Dress warm for walking around town for photo opportunities

November 3rd  
afterschool til 4:30  
p.m.

368 East Main Street  
Carlisle, KY



# COME ONE, COME ALL

Bourbon - Anderson - Nicholas

# SAVE THE DATE

## 4-H SUMMER CAMP NORTH CENTRAL 4-H

JULY

# 8-11

2024





## NOVEMBER 2023

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

Nicholas County Extension Office  
368 East Main Street  
Carlisle, KY 40311  
(859) 289-2312

## THIS MONTH'S TOPIC: AN ATTITUDE OF GRATITUDE

**Y**ou may have heard before that it is important to be grateful for something. You might have wondered what that means or why it matters.

Gratitude is when you feel thankful for the good things in your life. This could be the things people often take for granted, like having food, clean water, a place to live, friends, and family. Gratitude is taking time to think about how lucky you are when something good happens, big or small. Gratitude is telling others when they have a part in those things.

Gratitude can start by thinking about the things in our life that we love: special people, places, and things. For example, you may love your grandparents, your neighborhood playground, or your favorite toy or game. When we show gratitude for things we love, we show that we appreciate

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Each day, pay attention to things that make you happy, and that you are glad to have in your life.

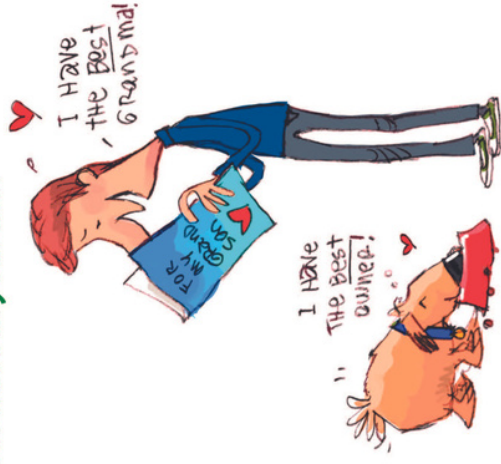
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the time, effort, or resource that someone has put into us getting to experience those things. We show gratitude for our grandparents when we thank them for spending time with us. We show gratitude for our playground when we pick up trash around it and thank our parents for taking us there to play. We show gratitude for our favorite toys by thanking the people who gave them to us or gave us the opportunity to get them.

It is important to be grateful and show it to others. Being grateful feels good and is good for you. Making it a habit to have an attitude of gratitude can:

- Make it easier to learn and make smart decisions.
- Help you feel happier and less stressed by focusing on what you have, instead of what you don't.
- Lead to caring actions. When you are grateful for someone's kindness, you are more likely to be nice in return.

- Help you build better relationships. When you feel and express gratitude and respect to people in your life, it creates loving bonds. It also builds trust and helps you feel closer.



When you make gratitude a regular part of your life, you become more aware of good things as they happen. Sometimes feelings of gratitude happen on their own. You can also make them by looking for things around you that you appreciate. Each day, pay attention to things that make you happy, and that you are glad to have in your life.

Try to think of one of each of these things every day: a person you love, a place you are happy to be, and something you are glad that you have.

You might not always feel positive or want to practice gratitude, but if you're feeling down, that is exactly the right time to be grateful and feel the effects.

REFERENCE:  
<https://kidshealth.org/en/teens/gratitude.html>

Written by:  
Katherine Jury, MS  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware © University  
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Environmental Sciences)

ADULT  
HEALTH BULLETIN











# Sweet Potato Crisp

**3 large** fresh sweet potatoes, cooked until tender.

**8 ounces** reduced fat cream cheese, softened

**1 cup** brown sugar, divided

**1 teaspoon** vanilla

**1 tablespoon** ground cinnamon

**2 medium** apples, chopped

with chopped apples.

**5.** In a small bowl, **combine** flour, oats, and  $\frac{1}{3}$  cup brown sugar.

**Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.

**6. Sprinkle** mixture over apples.

**7. Bake** uncovered for 35-40 minutes or until

$\frac{1}{2}$  **cup** all-purpose flour

$\frac{2}{3}$  **cup** quick cooking oats

**3 tablespoons** butter

$\frac{1}{4}$  **cup** chopped pecans

topping is golden brown and fruit is tender.

**Yield:** 16,  $\frac{3}{4}$  cup servings.

**Nutritional Analysis:**

240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

**1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.

**2. Mash** sweet potatoes. Add cream cheese,  $\frac{2}{3}$  cup brown sugar, vanilla and cinnamon. Mix until smooth.

**3. Spread** sweet potato mixture evenly into pan.

**4. Top** sweet potatoes

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

*Plate it up!*

