



NICHOLAS COUNTY 4-H NEWSLETTER

October 2023



Martin-Gatton College of Agriculture, Food and Environment

“To Make the Best Better”

Welcome to October 4-H’ers! We are full steam ahead in to our new program year. Please check out page 2 for all October Club Meeting flyers. We hope to see you at a club or school meeting soon. If you haven’t turned in your enrollment form for the 2023-24 year, please get that in as soon as possible. We would also like to invite you our first ever Nicholas County Cooperative Extension Fall Festival (flyer to the right). It will be held on October 28 from 10 a.m. to 12 noon. We will have inflatables, games, and even a trunk-or-treat for you to help with if your club would like. This will also be the day for our Country Ham Auction so start inviting family and friends now!

Also in this month’s newsletter is information on this year’s Piggy Bank contest and the Middle School Retreat in October. If you are a middle schooler who is missing camp, this is a great opportunity to return to camp while networking and building your leadership skills! If you have any questions, please reach out to me or Shelby!

Shelby Cleaver

Ashley A. Vice



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NICHOLAS COUNTY COOPERATIVE EXTENSION
Fall FESTIVAL
TRUNK-OR-TREAT, COUNTRY HAM BREAKFAST, 4-H COUNTRY HAM PROJECT AUCTION, GIVEAWAYS, AND INFLATABLES FOR THE KIDS!!!
28 OCTOBER, 2023
10 A.M.- NOON
NICHOLAS COUNTY 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 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. Contact us at 606-257-2262. Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506

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

KENTUCKY COOPERATIVE EXTENSION

Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



CLOVERBUDS

**NEXT MEETING: October 19th 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
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Family and Consumer Sciences
4-H Youth Development
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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



4-H Horse Club



October 4, 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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



4-H Sewing Club



OCTOBER 18TH AFTERSCHOOL-4:30 P.M.

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

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

NICHOLAS COUNTY 4H LIVESTOCK



Club Kickoff

JOIN US

**TUESDAY
OCTOBER 3
6:30 P.M.**

**FIRST MEETING
OF THE YEAR!**



**THIS EVENT IS FOR ANY YOUTH
ALREADY ENROLLED OR
INTERESTED IN LIVESTOCK CLUB**

Cooperative Extension Service
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Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40526



Cooking Club

Friday, October 20th afterschool
til 4:30 p.m.

4-H MIDDLE SCHOOL RETREAT

C1-C4 AREA TEENS

WORKSHOPS!
SERVICE!
FALL FESTIVAL!
NETWORKING!

October 19-20
Nicholas Co. Extension
Office Cost: \$60
Deadline: Wed, Oct 4

Cooperative
Extension Service
Agriculture and Natural Resources
Community and Consumer Sciences
Livestock and Poultry Production
Plant and Soil Science
Soil and Water Conservation
Soil and Plant Nutrition
Soil and Plant Water Relations
Soil and Plant Fertility
Soil and Plant Health
Soil and Plant Quality
Soil and Plant Conservation
Soil and Plant Management
Soil and Plant Research
Soil and Plant Education
Soil and Plant Extension
Soil and Plant Outreach
Soil and Plant Communication
Soil and Plant Information
Soil and Plant Services
Soil and Plant Support
Soil and Plant Training
Soil and Plant Development
Soil and Plant Innovation
Soil and Plant Entrepreneurship
Soil and Plant Leadership
Soil and Plant Advocacy
Soil and Plant Policy
Soil and Plant Regulation
Soil and Plant Enforcement
Soil and Plant Compliance
Soil and Plant Monitoring
Soil and Plant Assessment
Soil and Plant Evaluation
Soil and Plant Reporting
Soil and Plant Documentation
Soil and Plant Record Keeping
Soil and Plant Data Management
Soil and Plant Data Analysis
Soil and Plant Data Interpretation
Soil and Plant Data Presentation
Soil and Plant Data Communication
Soil and Plant Data Dissemination
Soil and Plant Data Archiving
Soil and Plant Data Preservation
Soil and Plant Data Security
Soil and Plant Data Backup
Soil and Plant Data Recovery
Soil and Plant Data Restoration
Soil and Plant Data Migration
Soil and Plant Data Conversion
Soil and Plant Data Integration
Soil and Plant Data Interoperability
Soil and Plant Data Interchangeability
Soil and Plant Data Interconnectivity
Soil and Plant Data Interoperability
Soil and Plant Data Interchangeability
Soil and Plant Data Interconnectivity

MARTIN-GATTONI COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
The college is an equal opportunity institution. Persons with disabilities who need special accommodations should contact the college at 1-800-368-6868 or 707-768-6868. The college is an equal opportunity institution. Persons with disabilities who need special accommodations should contact the college at 1-800-368-6868 or 707-768-6868. The college is an equal opportunity institution. Persons with disabilities who need special accommodations should contact the college at 1-800-368-6868 or 707-768-6868.

TENTATIVE SCHEDULE

Cost includes 3 meals, snacks, lodging, and t-shirt!

THURSDAY, OCTOBER 19

- 5:00 PM - Arrival & Check In
- 5:45 PM - Welcome & Rules
- 6-8:30 PM - Fall Festival/Dinner
- 8:30 PM - Break into groups, icebreaker games, kindness monsters
- 10:00 PM - "Cabins"
- 10:30 PM - Lights Out

FRIDAY, OCTOBER 20

- 8:00-8:45 AM - Breakfast
- 8:45 AM - Morning Announcements/ Energizers
- 9:00 - 9:45 AM - WORKSHOP A
- 9:45 - 10:00 AM - Snack
- 10:00 - 10:45 AM - WORKSHOP B
- 10:50 AM - 11:35 PM - WORKSHOP C
- 11:40 AM- 12:30 PM - Service Project
- 12:30 - 1:30 PM - Lunch/Cleaning
- 1:35 - 2:20 PM - WORKSHOP D
- 2:30 PM - Evaluations & Slide Show
- 3:00 PM - Departure

FALL IN LOVE WITH 4-H!

Cooperative
Extension Service
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KENTUCKY SAVES
2024
PIGGY BANK
DESIGN CONTEST
 MONEY SAVED IS A FUTURE EARNED



WHAT: The 2024 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **10/1/2023**
 and ends on: **10/31/2023**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during March and April 2024. Winners also will receive a certificate.

Kentucky Saves Week:
 April 8-12, 2024

Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

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

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ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **DATE**
3. Winning Entries at the area level must be selected by February 8, 2024.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **DATE** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

- e. Piggy banks DO NOT have to be in the shape of a pig.
- f. You MAY use or repurpose other containers.
- g. Piggy banks must be submitted and judged through the local Cooperative Extension Office. In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION AND VERIFICATION:

Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

DATE

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES

2024
PIGGY BANK
DESIGN CONTEST
 MONEY SAVED IS A FUTURE EARNED



MONEYWISE
 VALUING PEOPLE. VALUING MONEY.

UK Cooperative Extension Service

2024
PIGGY BANK
DESIGN CONTEST
 MONEY SAVED IS A FUTURE EARNED

2024 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____ **Gender:** _____

Grade: _____ **School:** _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____ **Date:** _____

Home Address: _____

City: _____ **County:** _____ **Zip:** _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ **Extension Area:** _____

Agent Name: _____ **Circle One:** FCS 4-H Other

YOUTH HEALTH BULLETIN



OCTOBER 2023
 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 Street
 Carlisle, KY 40311
 (859) 289-2312

THIS MONTH'S TOPIC: WHY SHOULD I GO TO THE DOCTOR WHEN I AM NOT SICK?



It is important to go to the doctor when you are sick. But there are also reasons to visit the doctor when you are well. Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix. You can get or stay healthy faster.

If you play sports, you may need to get a sports physical. A sports physical is a visit to the doctor to make sure it is safe to play the sport you want to play. Sports physicals and well visits to the doctor are not just for kids. Grown-ups should also go to the doctor once a year for a well exam to stay healthy.

A well-child exam or sports physical usually include several different parts: a paper to fill out ahead of time, questions from a nurse or doctor, and a physical exam. You should fill out any paper

Continued on the next page →



Disabilities accommodated with prior notification.

Having a doctor or nurse check for signs of being sick before you start to feel bad is important. This allows a doctor to find problems earlier when they are easier to fix.

→ **Continued from the previous page**

with your parent or guardian, to make sure you have the right answers. As you get older, you need to know the answers to questions about your medical history, so this is a great way to learn.

Your medical history includes questions about:

- any medical problems, illnesses, and injuries you had when you were younger
- medicines or vitamins you take
- medical problems that run in your family

During the physical exam, a nurse or doctor will measure how tall you are, check how much you weigh, check your blood pressure, listen to your heart and lungs, and look at your muscles, bones, and joints. You may also take a vision, hearing, or breathing screening. These screenings do not hurt. It is important that



a doctor's visit is a small price to pay to get to **PLAY!**

you pay attention and follow directions so the screening shows how well your body is working.

This visit is also your chance to ask questions about your growing body and how you can help stay healthy. Before your visit, try writing any questions down that you have for the doctor, and then write down the doctor's answer. You may feel silly at first, but you will remember more and you will make the most out of your visit.

Remember, doctors and health-care visits are good for you, even when you are not sick. They may not be the most fun, but well visits and physicals are an important part of keeping your body on track and healthy.

REFERENCE:

<https://kidshealth.org/en/kids/sports-physicals.html#ic:ftft>

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



For the Adults...

Tips for parents, grandparents and educators to communicate with youth

Communicating effectively with youth is crucial for building strong relationships and ensuring their emotional well-being. It's essential to tailor your approach based on their age and developmental stage.

Preschoolers (Ages 3-5):

- Engage in play: Preschoolers learn through play. Join them in their imaginative games, ask questions related to their play and let their stories and ideas naturally flow.
- Use simple language: Use simple and age-appropriate language. Use concrete examples and visual aids to help them understand concepts.
- Ask open-ended questions: Instead of asking, "Did you have a good day?" try, "What was your favorite part of today?" This encourages them to share more details.



Elementary-Aged Children (Ages 6-11):

- Show interest: Actively listen and show genuine interest in their activities, school experiences and hobbies. This builds trust and encourages them to open up.
- Share your day: Start the conversation by sharing your day, and they'll be more likely to reciprocate. For instance, "today at work, I had a challenging problem to solve. How about you? Anything interesting happen at school?"
- Scalable questions: Use the scale approach. Say, "on a scale of 1-10, how was your day?" If they say "three," follow up with, "what would make it a four tomorrow?" This helps them articulate their feelings and expectations.

Middle Schoolers (Ages 12-14):

- Respect independence: Middle schoolers are exploring their independence. Respect their need for privacy while offering a listening ear when they choose to talk.
- Ask thought-provoking questions: Encourage critical thinking with questions such as, "what's the most exciting thing you learned today?" Or "if you could change one thing about your day, what would it be?"
- Be patient: Understand that they might be going through emotional ups and downs. Offer support without pushing too hard.

High Schoolers (Ages 15-18):

- Respect their opinions: High schoolers are forming their own opinions and values. Encourage open discussions without judgment, even if you disagree.
- Ask about future plans: Show interest in their future plans and dreams. Questions like, "what are your goals for this year?" can spark meaningful conversations.
- Be a role model: Demonstrate healthy communication by calmly resolving conflicts and showing empathy.

Effective communication with children of all ages, from preschoolers to high schoolers, involves adapting your approach to their developmental stage. By engaging in their world, asking thoughtful questions and being patient and empathetic, parents and grandparents can nurture strong relationships and encourage meaningful conversations.

4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

Note: The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance). Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying.

Name: _____ County/Area: _____
 Preferred Name: _____ School Name: _____
 Address: _____ Birth Date: _____ Age: _____
 City: _____ State: _____ Zip: _____ Grade: _____
 4-Her Phone: _____ 4-H Year: _____ Gender: Female Male
 4-Her Email: _____
 Residence:
 Farm Town < 10,000 or Rural Non-Farm Town/City/Suburb 10,000-50,000 City/Suburb >50,000 City-Central >50,000
 Race (please choose more than one if applicable): American Indian Asian Black Native Hawaiian or Pacific Islander
 White Prefer Not to Say Not Listed: _____
 Ethnicity: Hispanic Non-Hispanic T-Shirt Size: _____

Parent/Guardian 1: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No
 Parent/Guardian 2: _____ Phone number: _____
 Email: _____ Emergency Contact? Yes No

Is any member of your family a current or former member of the United States Military or National Guard? Yes No

Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1) Asthma..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Other Allergy (please explain)..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses, including medications taken for any conditions:

Please explain any restrictions (dietary, physical, etc):

Social, emotional, and/or behavioral health information:

- The following over the counter medications may be administered to my child without contacting me:
- Antihistamine Pill Antacid Ibuprofen (Advil) Hydrocortisone Cream
- Acetaminophen (Tylenol) Decongestant Dramamine Polysporin (topical antibiotic)

Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

SIGNATURE OF /GUARDIAN: _____ NO, I do not permit

4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

4-H ENROLLMENT FORM

Please bubble the clubs you are interested in below. The 4-H newsletter will include dates of club meetings and activities. We'll also send information out about clubs/activities to those who indicate interest once they are ready to begin. Once you have returned this enrollment form you may begin attending meetings. 4-H Age is 9-18 as of January 1, 2023 and Clover Buds are for ages 6 to 8 as of Jan. 1, 2023.

- 4-H Sewing Advanced
- 4-H Sewing Beginner
- Livestock Skillathon Club
- Livestock Judging Club
- Cooking Club
- Teen Council
- Cloverbuds
- Horse Club
- Country Ham
- Nature Club
- Photography
- Shooting Sports
- Beekeeper Club
- 4-H Fair Project Days
-
-
-
-
-
-
-
-

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS

1. Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
2. The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
3. Possession of firearms not for educational use is prohibited.
4. Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
5. Gambling of any type is prohibited.
6. Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
7. Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
8. Display of overly affectionate or inappropriate attention between participants is prohibited.
9. Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
10. All clothing shall be neat, clean, and acceptable in repair and appearance and shall be worn within the bounds of decency and good taste as appropriate for 4-H events. Articles of clothing which display profanity, products, or logos which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited. *Each county may adopt additional Code of Conduct guidelines.*

WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

1. All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
2. No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
3. At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
4. Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:

- Sent home from the activity or event at his/her own expense
- Barred from participation from future 4-H events
- Assessed the cost of damages for destruction of property

I, _____ have read the Code of Conduct and agree to abide by its rules. By signing this document, I acknowledge that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer _____

County: Nicholas

Parent/Guardian _____

Date: _____

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.

October 2023



Sun	Mon	Tue	Wed	Thu	Fri
1 	2	3 Livestock Club 6:30 pm	4 1st Horse Club Meeting- 3:30-4:30 p.m. at the office	5	6
8	9	10 Livestock Club 6:30 pm	11	12	13
15	16	17 Livestock Club 6:30 pm	18 Sewing Club af- terschool til 4:30 at the office	19 Cloverbuds after- school at NCES til 4:30 p.m.	20 Cooking Club afterschool until 4:30- Location TBD
22	23 Cast Iron Cook- ing Class 6 p.m. Livestock Barn	24 Livestock Club 6:30 pm	25	26	27 4-H in the Class- room
29	30 	31 HAPPY HALLOW- EEN 			28 Country Ham Auction and Fall Festival



Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1¼ teaspoons baking soda	1¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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