



NICHOLAS COUNTY 4-H NEWSLETTER

September 2024

Martin-Gatton
College of Agriculture,
Food and Environment

"To Make the Best Better"

Read NOW!

It's back to school time and that also means it's time to fill out your new 4-H Enrollment Form for the 2024-25 Program Year. On pages 5-8, you will find the NEW enrollment form, with page 5 allowing you to select which clubs you want to participate in this year. Once you have completed your application, you can drop it by our office or return it to school for us to pick up. Be sure to check out each club's flyer for specifics on meeting topics to see all the fun that's in store.

Friendly reminder, Cloverbuds is specifically for our 5-8-year-old members, and all remaining clubs require a 4-H age of 9 or older to participate.

From summer camp to State Fair, this summer has been a busy season for Nicholas County 4-H. We would like to congratulate the following participants on their fair projects:

Country Ham Project/Speech Contest:

- | | |
|--------------------------------|------------------------------|
| Caleb Broderick: Blue Ribbon | Bobby Blakeman- Red Ribbon |
| Brooklyn Felts: Blue Ribbon | Weslee Hardin- Red Ribbon |
| Sydney Fugitt: Blue Ribbon | Callie Linville- Red Ribbon |
| Haileigh Mitchell: Blue Ribbon | Quinn Linville- Red Ribbon |
| Dawson Price: Blue Ribbon | Maelee Perkins- Red Ribbon |
| Brantley Sadler: Blue Ribbon | Breanna Price- Red Ribbon |
| Gabe Sadler: Blue Ribbon | Jackson Price- Red Ribbon |
| John Yazell: Blue Ribbon | Becca Bromagen- White Ribbon |

Cloverville Photography:

- Sadie Blakeman- 3 Red Ribbons, 2 White Ribbons, 1 Blue Ribbon
- Katie Caswell- 5 Red Ribbons, 1 Blue Ribbon
- Brooklyn Felts- 1 White Ribbon, 1 Blue Ribbon
- Breanna Price- 1 White Ribbon, 1 Blue Ribbon

Cloverville Sewing:

- Haileigh Mitchell- White Ribbon
- Sadie Blakeman- Red Ribbon

Cloverville Entomology:

- Haileigh Mitchell- Blue Ribbon/ Best of Class Honey

Cloverville Art:

- Owen Minton- Blue Ribbon

Cloverville Electric:

- Carter Bromagen- Red Ribbon

Cloverville Wood Science:

- Carter Bromagen- Blue Ribbon

Livestock Exhibitors:

A big congratulations to the following Nicholas Countians on showing their livestock projects on the green shavings:

- Caleb Broderick
- Maelee Perkins
- Becca Bromagen
- Jackson Price
- Dawson Price
- Brooklyn Felts
- Lexie Garrett
- Bre Price
- Anslee Price
- John Taylor Yazell
- Sadie Blakeman
- Bobby Blakeman
- Alana Thomas
- Nathaniel Thomas
- Tyler Thomas
- Annabelle Bromagen
- Lane Wells

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Ashley H. Vice



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.

AG ADVENTURE

- October 17- Join the fun!
- November 21- Building Birdhouses and Bird Feeders
- December 18- Honeybees and Pollination
- January 16- Vegetable Planting
- February 20- Dairy Day and Milk a Cow
- March 20- Chick Incubation
- April 17th-Canning Vegetables

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SAVE THE DATE!

2024-2025 PHOTOGRAPHY Club

- October 4th-Rule of Thirds: Photography Scavenger Hunt at Blue Licks State Park**
- November 1st-Lighting: Using natural light and light modifiers**
- December 6th-Water Fractals: Taking pictures incorporating water**
- January 3rd- Focus, Depth of Field, and Framing**
- February 7th-Forced Perspective**
- March 7th-Wildlife and Animal photography day**
- Wendy's Wildlife**
- April 4th-4-H Photography Art Exhibit for Community and Family Members**

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4-H HORSE CLUB



- October 2nd
- November 6th
- December 11th
- January 8th
- February 5th
- March 5th
- April 9th

Save the Dates!

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NICHOLAS COUNTY 4-H LIVESTOCK



JOIN US

EVERY TUESDAY
 BEGINNING SOON!
 6:00 P.M.

No Animal Required!



Blue Jacket Bullets
 as you head to State
 Competiton!



NATURE CLUB

Join us

- October 10
- November 14th
- December 12th
- January 9th
- February 13th
- March 13th



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Disabilities accommodated with prior notification.

Cooking Club 2024-2025

- September 24th-Smoothie Challenge
- October 22nd- Pasta and Sauce Challenge
- November 26th- Cookie Challenge
- December 17th- Christmas Dessert Creation Challenge
- January 21st-Following Directions Challenge
- February 25th- Main Dish Mania
- March 25th- Cooking Demonstration Prep
- April 29th-Cooking Demonstration

Teen Club

SAVE THE DATE

- October 25th
- November 15th
- December 10th
- January 17th
- February 28th
- March 14th

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

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CLOVERBUDS 2024-2025

- October 21st
- November 18th
- December 16th
- January 27th
- February 17th
- March 17th
- April 21st

*Child must have 4-H enrollment form on file to attend
*Ages 5-8
*Must be 5 by January 1, 2024
Club enrollment limit is set at 30. After 30 your child will be put on a waitlist.

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ARE YOU PREPARED?

September is National Preparedness Month



Date: September 12th

Time: 6 p.m.

Location: Livestock Barn

Cost: FREE



Option to purchase a disaster preparedness tote for discounted price of \$20 complete with NOAA Weather Radio, crank and solar battery charger, can opener, fire/waterproof document holder, measuring cups and spoons, first aid kit, backpack, and more!

Three options to register: Call (859) 289-2312, scan the QR code, or click the link!

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Open to everyone!

4-H Sewing Club

2024-2025



- September 10th - Skirts and Shorts
- October 8th- Upcycle Shirts to Dresses or Aprons
- November 12th- Kimonos
- December 10th- Sewing Christmas Ornaments
- January 14th- Shirts and Blouses
- February 11th- Zippers: Creating a Garment Bag
- March 11th- Bath Robes
- April 8th- 4-H Fashion Show

NICHOLAS COUNTY 4-H

SHOOTING SPORTS

ARCHERY-TARGET-BLACK POWDER

BEGINS SPRING 2025

AGES 9-18 WELCOME

REMEMBER HUNTERS EDUCATION SHOULD BE COMPLETED

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4-H Youth Development





ENROLLMENT FORM

2024-25 NICHOLAS COUNTY 4-H



Cooperative
Extension Service



HEAD HEART

HANDS HEALTH

- Enrollment is from September 1, 2024 through August 31, 2025
- Re-enrollment is required each year to be an active 4-H or Cloverbud member
- Return this form to the Nicholas County Cooperative Extension at 368 East Main St., Carlisle, KY 40311 or email it to nicholas.ext@uky.edu or return it to your child's teacher

2024-25 4-H Club Opportunities

Name _____

Interested? (Check all that apply)	Club	Meets:	REMIND Sign-up
<input type="checkbox"/>	Cloverbuds	1 st Monday of the Month beginning in October	Send a text to 81010 and put the following in the message area to join: @a7ba39
<input type="checkbox"/>	Cooking	4 th Tuesday of the month beginning in September	@whipfold8
<input type="checkbox"/>	Horse	1 st Wednesday of the Month beginning in October	@4hneigh24
<input type="checkbox"/>	Livestock	Every Tuesday typically beginning in September and running through January	@nc4hlivest
<input type="checkbox"/>	Nature	2 nd Thursday of each month beginning in October (tentatively)	@72fea7
<input type="checkbox"/>	Photography	1 st Friday of each month beginning in October	@8picnc4h
<input type="checkbox"/>	Sewing	2 nd Tuesday of each month beginning in September	@nc4hsewing
<input type="checkbox"/>	Shooting Sports	*NEW for 2024 Winter-Indoor Archery *Regular season will begin in March 2025 and run through September 2025	@nc4hss
<input type="checkbox"/>	Teen	2 nd Friday of each month beginning in October *Teens can also attend Area Teens once a month in each of the county rotations	@nc4ht
<input type="checkbox"/>	Ag Adventure	3 rd Thursday of each month beginning in October	@nc4ha

859-289-2312

<https://nicholas.ca.uky.edu/>

Monday-Friday
8:00-4:30 a.m

TO MAKE THE BEST BETTER

4-H Participant Information/Enrollment Form

Should this information change during the program year, it is the responsibility of the parent/guardian(s) to notify the Extension Personnel in writing.

I. Re-Enrollment

If re-enrolling, please complete section I. Re-Enrollment, then review sections II through IX and verify review by signing and dating.

Name:		School Name:		County:	
Grade:					

II. Family Information

This is the primary information we will use to communicate with your 4-H member.

Family Name:		Family Email:	
Family Phone:		Family Address:	

III. Member Information

First Name:		Last Name:	
Preferred Name (optional):		Birthdate:	
		# of Previous Years in 4-H:	
Sex:	<input type="checkbox"/> M <input type="checkbox"/> F	Residence:	<input type="checkbox"/> Farm <input type="checkbox"/> Town <10,000 or Rural Non-Farm <input type="checkbox"/> Town/City/Suburb 10,000-50,000 <input type="checkbox"/> City/Suburb >50,000 <input type="checkbox"/> City-Central >50,000
Hispanic/Latino:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Race:	<input type="checkbox"/> American Indian <input type="checkbox"/> Asian <input type="checkbox"/> Black <input type="checkbox"/> Native Hawaiian or Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Prefer not to say <input type="checkbox"/> Not Listed:

IV. Parent/Guardian 1 Information

Last Name:		First Name:	
Phone:		May we release personal information to this person?	<input type="checkbox"/> Yes <input type="checkbox"/> No

V. Parent/Guardian 2 Information

Last Name:		First Name:	
Phone:		May we release personal information to this person?	<input type="checkbox"/> Yes <input type="checkbox"/> No

VI. Other Emergency Contact

Name:		Relationship:	
Phone:		May we release personal information to this person?	<input type="checkbox"/> Yes <input type="checkbox"/> No

VII. Pick Up Information

In addition to the parent/guardian(s) and emergency contacts listed, please list the names of up to two additional people authorized to pick up the above referenced child. These individuals will not be contacted in case of an emergency, the parent/guardian(s) or emergency contact information will only be used. If an individual who is not listed on this form is permitted to pick up your child/children, the parent/guardian(s) will need to provide written permission (letter or email) to Extension personnel or approved volunteer responsible for the event/activity.

Name of First Person:		Relationship to 4-H Member:	
Phone:			
Name of Second Person:		Relationship to 4-H Member:	
Phone:			

VIII. Military Service (if none, skip this section)

Relationship to Member serving:		Branch of service:	
Service Status:	<input type="checkbox"/> Active Duty <input type="checkbox"/> National Guard <input type="checkbox"/> Reserves <input type="checkbox"/> Other:		



IX. 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 allow Extension personnel and approved volunteers to best support your young person and will be kept confidential.

Allergies

1.Serious Allergy to Insects	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.Serious Allergy to Dairy	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.Serious Allergy to Gluten	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.Serious Allergy to Nuts	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.Other Allergy(Please explain)	<input type="checkbox"/> Yes <input type="checkbox"/> No

Please explain any "yes" responses, including medications for any allergies:

The following over the counter medications may be administered to my child without contacting me:

Acetaminophen:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Antacid:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Antihistamine Pill:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Decongestant:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dramamine:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hydrocortisone Cream:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Ibuprofen (Advil)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Polysporin (topical antibiotic)	<input type="checkbox"/> Yes <input type="checkbox"/> No		

Conditions

1.Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	6.Fainting	<input type="checkbox"/> Yes <input type="checkbox"/> No	11.Wear Glasses/Contacts?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.Bronchitis	<input type="checkbox"/> Yes <input type="checkbox"/> No	7.Headaches	<input type="checkbox"/> Yes <input type="checkbox"/> No	Please explain any "yes" responses, including medications taken for any conditions:	
3.Convulsions	<input type="checkbox"/> Yes <input type="checkbox"/> No	8.Heart Condition	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4.Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No	9.Hypoglycemia	<input type="checkbox"/> Yes <input type="checkbox"/> No		
5.Ear Infection	<input type="checkbox"/> Yes <input type="checkbox"/> No	10.Other Conditions	<input type="checkbox"/> Yes <input type="checkbox"/> No		

Please explain any restrictions (dietary, physical, etc)

Social, emotional, and/or behavioral health information:

X. REVIEW CONFIRMATION SIGNATURE

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.

PARENT/GUARDIAN: _____ DATE: _____

XI. SURVEY & EVALUATION RELEASE

I hereby establish my willingness to participate as an adult (i.e., 4-H leader, other volunteer, parent/ guardian, site manager, etc.) and give permission for my child (under 18 years of age) to complete surveys and evaluations that will be used to determine program effectiveness or to promote the program. I understand that participation in surveys and evaluations is voluntary and that my child and I may choose not to participate and may withdraw from surveys and evaluations without impact on my or my child's eligibility to participate in the 4-H program. I understand that my child or I may be asked for consent before completing a survey or an evaluation.

Yes No I am willing to participate or give permission for my child to participate in any program evaluation. (Initials)

XII. PERMISSION TO PARTICIPATE

I acknowledge that my child is participating in 4-H programs for their own personal benefit and that my child will participate in recreational and other activities as part of 4-H programs. I understand that some activities may have inherent dangers and physical risks and that no amount of care, caution, instruction, or expertise can completely eliminate them. I assume responsibility for all risks, known and unknown, involving my child's participation in 4-H programs and I voluntarily authorize my child's participation in reliance upon my own judgment and knowledge of my child's experience and capabilities. I hereby agree to indemnify and hold harmless the University of Kentucky Cooperative Extension Service and all related parties from any liability, losses, costs, damages, claims or causes of action of any kind or nature arising from or related in any way to my child's participation in 4-H program. (Initials)

XIII. 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

PARENT/GUARDIAN _____ NO, I DO NOT PERMIT

4-H Youth Development Code of Conduct Form

All 4-H members and family/friends/caretakers 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. Safety of all involved in 4-H programs is top priority, the following guidelines are designed to ensure all involved understand their role in participating in a safe and educational environment for all.

WHILE ENROLLED AS A 4-H MEMBER:

- To be a member in good standing it is expected that the 4-H participant attends planned sessions, workshops, field trips, and meetings associated with their enrollment. To be eligible for cumulative events in 4-H, members must complete at least six hours of education in the core program area they are participating in under the expectations laid out by the 4-H program.
- Dress codes will be specific to individual events/programs/activities.
- 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, with proper paperwork and accommodations made) are prohibited.
- Possession of firearms not for educational use is prohibited.
- Setting of fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- 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.
- Physical violence is not tolerated.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- 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.
- Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex, or are in any other way distracting, are prohibited.
- Additional expectations may be required based on the activity/program/event the 4-H member is participating in.

WHILE ATTENDING OVERNIGHT 4-H EXPERIENCES THE FOLLOWING WILL ALSO APPLY:

- All participants must follow the agenda and expectations that are set forth by the program planners. Chaperones/adult volunteers will actively monitor all participants.
- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event. Chaperones/adult volunteers will actively monitor all participants.
- No member or volunteer may leave the event/activity/program without the permission of the event planner or adult in charge. An adult shall accompany a 4-H member at any time they leave the grounds. Adults shall notify another adult before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Individuals may only be in their assigned sleeping area. Lounges or common areas may be used only for working committees and social activities.

Any violations of this Code of Conduct shall be reported promptly to the chaperone for the individual 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-Hers and family/friends/caretakers 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 their 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.
(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member: _____ County: _____

Parent/Guardian: _____ Date: _____



Exclusive

Kentucky youth vaping leads to smoking: What you need to know



Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed.

This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.

What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high.

Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains.

In fact, most adult smokers began smoking before the age of 18.

Youth vaping rates are significantly increasing

Kentucky youth are vaping at a startling rate. The [Kentucky Incentives for Prevention survey](#) shows that vaping among 10th graders has increased almost 6% in five years – from 11.4% in 2016 to 17% in 2021.

In that same year, more than 20% of Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month. In response, the state has launched a confidential quit line for youths called My Life, My Quit at ky.mylifemyquit.org/, which offers free coaching 24/7 via text, chat or call.

Vaping facts (accordingly to ky.mylifemyquit.org):

- Nicotine leaves you stressed out. Vaping to handle stress can make you more stressed! When you stop using nicotine, that

“feel-good” dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.

-
- Nicotine causes other problems. Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.
- Vape and tobacco companies want you to get hooked on nicotine. By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.



SEPTEMBER 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 40311
(859) 289-2312

THIS MONTH'S TOPIC: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and

Continued on the next page →

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While you are hiking, try to identify trees, bushes, or animals that you see along the way.



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lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the "leave no trace" rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

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ADULT HEALTH BULLETIN



September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day - Office is Closed	3	4	5	6	7
8 Grandparents Day	9	10 4-H Sewing at the office until 4:30 p.m.	11 9/11	12 Disaster Preparedness Event - Open to everyone - 6 p.m. Livestock Barn	13 National Positive Thinking Day	14
15	16	17	18 National Respect Day	19	20	21
22	23	24 4-H Cooking Club at the Barn until 4:30 p.m.	25	26	27	28
29	30	<p>September is National Disaster Preparedness Month. Join us on September 12 to learn more about preparing your family and home before a natural disaster strikes, as well as what to do during and after. The class is free, with the option to purchase a \$20 emergency tote (valued at \$75) for the first 20 to sign up for the class. Call our office to register: 859-289-2312</p>				



Zippy Zucchini Cakes

2 cups shredded zucchini	1 tablespoon olive oil	1 cup shredded Mozzarella cheese
2 large eggs	1/3 cup all-purpose flour	1/2 teaspoon salt
1 egg white	1/3 cup whole wheat flour	1/4 teaspoon dill
1/4 cup skim milk	2/3 cup corn meal	1/2 teaspoon black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
- 2. Stir** until just mixed.
- 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
- 4. Stir** until moistened.
- 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
- 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
- 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**

Yield: 10, 2 inch cakes.

Nutrition Analysis: 80 calories, 2 g fat, 0 g sat. fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.



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