



# NICHOLAS COUNTY 4-H NEWSLETTER

## March 2024

Read NOW!



Martin-Gatton College of Agriculture, Food and Environment

**"To Make the Best Better"**

Hello 4-H'ers! The month of March is a busy one! In this newsletter you will find each club's flyer, as well as the calendar to stick on your fridge to keep up with all the important dates for meetings and events.

We also want to promote the opportunity to participate in the County Communications Contest. Whether you want to do public speaking, a demonstration, or a mock job interview...there's plenty of opportunities to participate and possibly earn an advancement to the the area competition. The cool thing this year, we will be hosting the the C1-C4 areas for the communication contest. This means if you win at the county level, you won't even have to leave town to compete at the next level. If you are interested in participating, scan the QR code below and we will help you the entire way from preparing to practicing for the event.

Lastly, March 5th will be our SUMMER CAMP KICKOFF Event! Space is limited and we want to encourage you to have those applications ready to go. Cloverbud Camp is on a waitlist and we anticipate Summer Camp will be no different.

For Communication Contest



SCAN ME! >>>



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859-289-2312  
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Ashley Vice  
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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

### 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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

**Teen Club MARCH**  
Leadership Days  
March 27th and March 28th  
Nicholas County Elementary 4th Grade  
Environmental Camp Days

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

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LEXINGTON, KY 40546

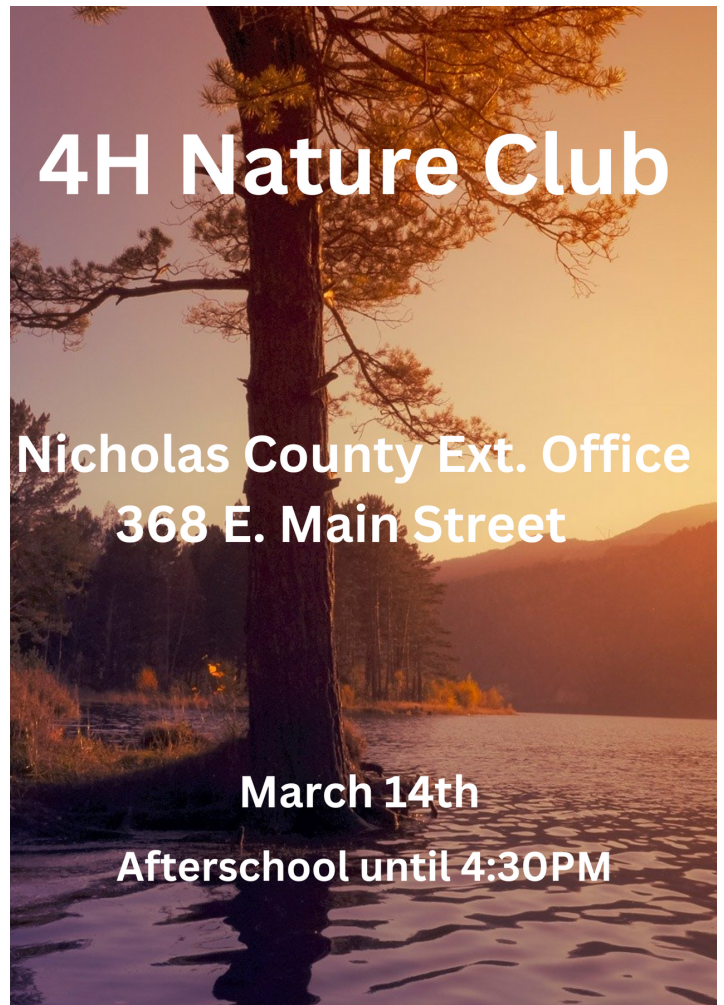
Disabilities accommodated with prior notification

**KIDS ART CLASS**  
WITH MS. LOUISE ZACHARY  
MARCH 15TH AFTERSCHOOL TIL 4:30P.M.  
NICHOLAS COUNTY EXTENSION OFFICE  
SPACE IS LIMITED!



**ADVANCED SEWING  
FOR 8TH-12TH  
GRADERS**

**MARCH 7TH  
AFTERSCHOOL TIL  
4:30 P.M.**



**4H Nature Club**

**Nicholas County Ext. Office  
368 E. Main Street**

**March 14th  
Afterschool until 4:30PM**

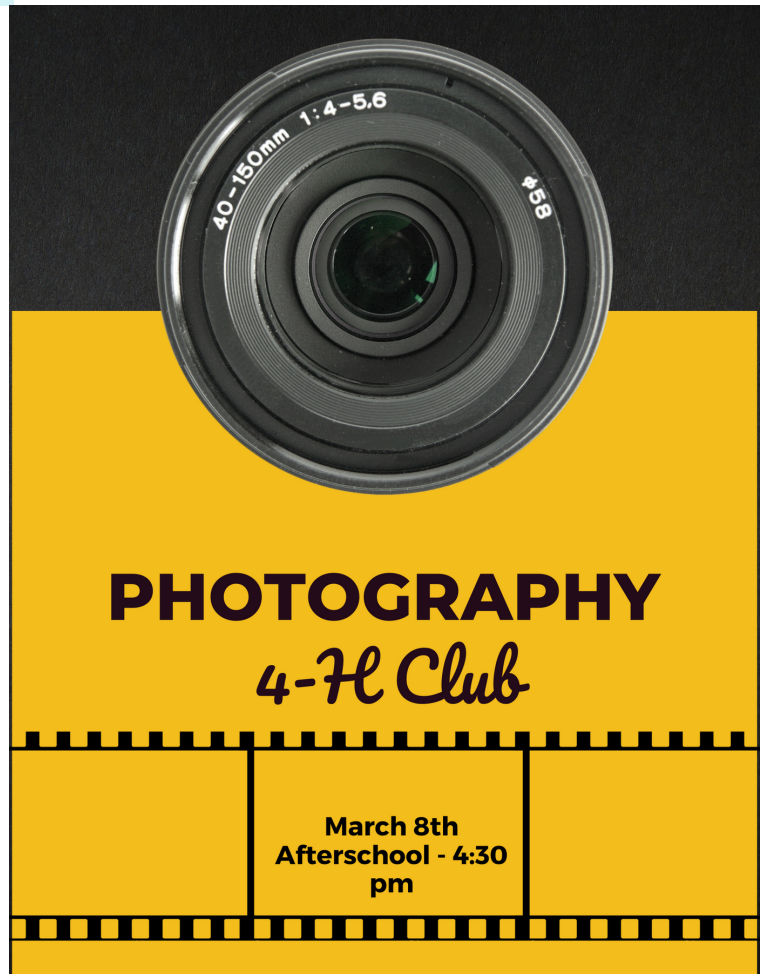


**COME ONE, COME ALL TO THE  
GREATEST  
CAMP ON EARTH**

**CAMP KICKOFF EVENT**

**MARCH 5TH AT 6 P.M.**

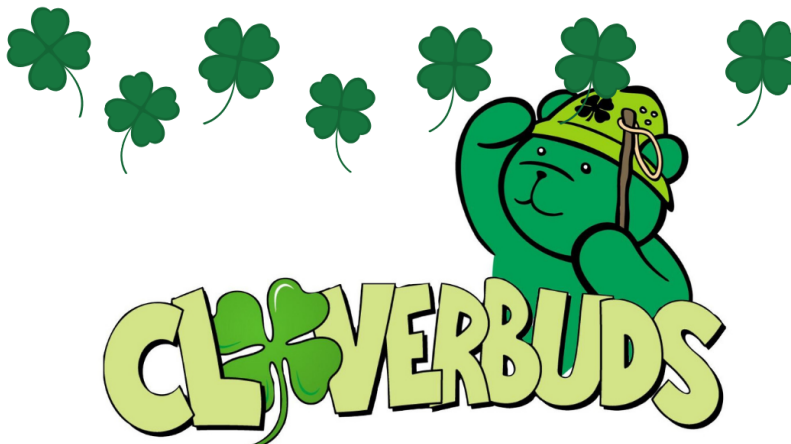
**NICHOLAS COUNTY LIVESTOCK BARN**



**PHOTOGRAPHY**

**4-H Club**

**March 8th  
Afterschool - 4:30  
pm**



# CLOVERBUDS

**NEXT MEETING: March 21st 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**

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



Disabilities accommodated with prior notification.

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



*4-H Horse Clubs*



**March 6th Afterschool  
Until 4:30 p.m.**



**Nicholas County Cooperative  
Extension Office**

Cooperative Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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## 4-H Sewing Club

**MARCH 11TH AFTERSCHOOL TIL 4:30  
FINISHING PAJAMA SHORT PROJECTS**

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 4H LIVESTOCK



**JOIN US**

**EVERY TUESDAY**

**6:00 P.M.**

**FEBRUARY 6TH**

**13TH  
20TH  
27TH!**



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

Cooperative Extension Service  
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LEXINGTON, KY 40546



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## Cooking Club

**TUESDAY, March 26th afterschool  
til 4:30 p.m. at LIVESTOCK BARN**

# 4-H partnership offers positive platform for military-connected youth



The collaboration between the military and University of Kentucky Cooperative Extension Service (CES), through the 4-H Youth Development program, exemplifies a shared approach to supporting military-connected youth and their families. This partnership is known as the 4-H Military Partnership.

UK CES provides 4-H educators with the training and resources needed to support military-connected youth, ensuring that the next generation of leaders is well-prepared to face the future with confidence and skill.

With 46,406 active military personnel, 35.3% of whom have children with a significant portion falling within the 4-H age range of 5-18 years, supportive educational programs are needed.

Among the 12,008 Kentucky National Guard members, 42.9% have children with 58.9% within the 4-H eligible age.

Sourced from the U.S. Department of Defense's Military One Source, these figures underscore the potential reach and impact of educational programs.

The 4-H Military Partnership program:

- Focuses on positive youth development, offering military-connected youth opportunities to engage in learning experiences in science, health, agriculture, civic engagement and more
- Provides a platform for young individuals to explore their interests, developing essential life skills and growing them into future leaders. Through hands-on projects and supportive mentors and peers, youth learn by doing – fostering a sense of independence, confidence, resilience and compassion.
- Offers programming in a safe, nurturing environment for military-connected children. Stability is crucial for families frequently on the move or dealing with the challenges of deployment and reintegration. By connecting these families with local and state 4-H programs, the partnership ensures that military children have the continuity and support needed to excel.

Engaging in 4-H programs shows youth are four times more likely to contribute to their communities, twice as likely to make healthy choices and twice as likely to pursue STEM (science, technology, engineering and mathematics) opportunities.

For military families, this means that while service members focus on their duties, children are participating in high-quality, positive youth development programs.



PROFESSIONAL  
PHOTOGRAPHER  
ON SITE

**Edmonson County 4-H Pony Express Fun Horse Show**  
Edmonson County Saddle Club -Fairgrounds- Lions Lane, Brownsville, KY  
Memorial Day & Labor Day – May 27<sup>th</sup> & September 14<sup>th</sup> 2024 -- Start time: 10  
AM CDT

**Casual Attire for all Classes – Youth Riders must wear a helmet –Horses to have a Negative Coggins  
Admission: \$5.00 Donation per Carload/Truckload – Concessions Available!**



1. Stick Horse Class – no entry fee
2. Adult Showmanship
3. Youth Showmanship 11 & Under
4. Youth Showmanship 12-17

5. Gaited/Saddle Horse/Pony Model - Shown in Halter or Bridle
6. Western Halter/Model (Stock Horse or Pony)
7. Arabian/Half Arabian Halter Approved by KAHABA ([www.kahaba.org](http://www.kahaba.org))
8. Open – Bareback – Walk/Favorite Gait
9. Leadline.0 – any age – no entry fee
10. Egg & Spoon -Youth
11. Water Glass – Youth
12. Egg & Spoon – Adult
13. Water Glass – Adult
14. Walk only Class – Any Breed – Rider 11 & Under
15. Youth Western Pleasure- 18 & Under, Walk Jog (Horse/Rider Team not eligible to show in a lope class)
16. Saddle Horse Equitation (Rail Work Only – Optional Tack)
- 17A. Western Horsemanship - Walk/Jog (Rail Work Only)
- 17B. Western Horsemanship - Walk/Jog/Canter (Rail Work Only)
18. Open Flat Shod Specialty (Flat Walk/Running Walk – Optional Tack)
19. TWH Youth Pleasure Medallion Class – Canter required\*
- 20A. Youth Ranch Horse Rail Class (Walk, Trot, Canter, Extended Trot & Extended Canter can be called)
- 20B. Adult Ranch Horse Rail Class (Walk, Trot, Canter, Extended Trot & Extended Canter can be called)
21. Ranch Horse Rail Class **KAHABA Arab and Half Arab** (Walk, Trot, Canter, Extended Trot & Extended Canter can be called)
22. Adult Gaited Horse Pleasure KEG SHOD (Walk/Favorite Gait – Optional Tack)
23. Adult Western Pleasure 50 & Over – Walk/Favorite Gait
- 24A. Open Western Pleasure
- 24B. Western Pleasure **KAHABA Arab and Half Arab** (Walk, Jog, Lope)
25. Youth Gaited Horse Pleasure KEG SHOD (Walk/Favorite Gait- Optional Tack)
26. Youth Western Pleasure (Walk, Jog, Lope)
27. Open Flat Shod Canter\* (Flat Walk/Running Walk/Canter - Optional Tack)
28. Open Canter Class – Any Breed (Trail Walk/Favorite Gait/Canter)
29. Youth Obstacle Trail
30. Adult Obstacle Trail
31. Cloverbud Obstacle Trail (8 & Under) Stick horse
32. Stake Race (Youth & Adults)
33. Youth Barrels
34. Adult Barrels
35. Flags (Youth & Adults)
36. Open I Barrel Speed

\*TWHBEA Youth Medallion Class\*  
Entry Fee: \$0  
Paybacks: \$75, \$50, \$40, \$30, \$20

**SPEED EVENTS  
AT RIDER'S  
DISCRETION**

Canter

**ENTRY FEE  
\$3.00  
PER CLASS**

**TWHBEA®  
WORLD SERIES  
REGIONAL DOUBLE POINT SHOW**

**GRASS RING:**

Awards given to top 5 placings in each class –No Monetary Payback  
The 4-H Club and the Saddle Club are:

**NOT RESPONSIBLE FOR ACCIDENTS, INJURY, THEFT, DAMAGE OR LOSS.**

Under Kentucky Law a farm animal activity sponsor, farm animal professional, or other person does not have the duty to eliminate all risks of injury of participation farm animal activity. There are inherent risks of injury that you voluntarily accept if you participate in farm animal activities

For more information contact: Tracy Mitchell (615) 970-0413 or Bridgett Gardner at Extension office (270)597-3628



# 10<sup>th</sup> annual STRIVE FOR THE DRIVE

**FREE YOUTH LIVESTOCK SHOW CLINIC**

**SATURDAY, MARCH 30<sup>TH</sup>**  
**DERRICKSON AGRICULTURE CENTER**  
**25 MSU DRIVE, MOREHEAD, KY**  
**9:30 AM - 2:00 PM**



Warren Beeler



Dr. Flint Harrelson

**Participants can earn 3  
Credit Hours for Livestock  
Educational Training**

## SCHEDULE

8:30 AM - 9:30 AM	Check-In & Breakfast
9:30 AM	Welcome
9:45 AM	Breakout Sessions Lunch
Noon	Breakout Sessions
12:45 PM - 1:30 PM	Breakout Sessions
1:30 PM	Q & A and Wrap - Up

Register on-site OR  
Pre-Register  
by March 15  
with:



Evan Davis  
[evan.davis@ky.gov](mailto:evan.davis@ky.gov)

**Find out more about Hinton Mills' new line of  
show feed. Science-based nutrition - made fresh  
with locally grown ingredients.**





MARCH 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>

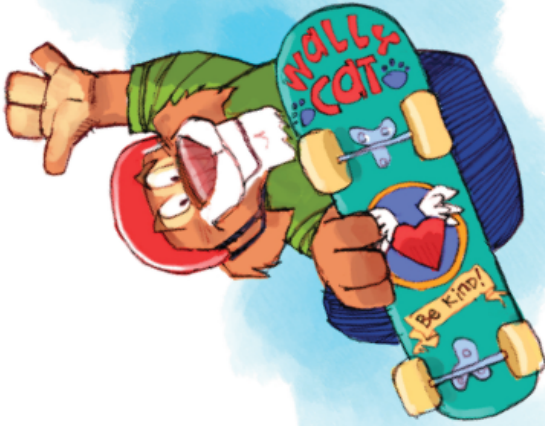
Nicholas County Extension Office  
368 East Main Street Road  
Carlisle, KY 40311  
(859) 289-2312

THIS MONTH'S TOPIC

PROTECT YOUR BRAIN: WEAR A HELMET!

**H**elmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.

You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because



Continued on the next page →



Disability and with prior notification.

Because you can travel fast on a bike, a crash can cause more damage. You should always wear a helmet when riding a bicycle.

Continued from the previous page

You can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says "CPSC." This means that it is approved by the Consumer Product Safety Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it's not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.



Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy.

REFERENCE:  
<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/bicycling-and-beyond-when-your-kids-should-wear-helmets.aspx>

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)

ADULT HEALTH BULLETIN



# March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Book Tasting NCMHS	2
3	4	5 CAMP KICKOFF EVENT Livestock-OFFICE	6 Horse Club	7 Teen Sewing Club MS/HS only	8 Photography Club	9
10	11 Sewing Club- Elem Kids	12	13	14 Nature Club	15 4-H Paint Class for Kids	16
17	18 KBC Bloodrive	19	20	21 Cloverbuds	22	23
24	25	26 Cooking Club	27	28	29 Ag Safety Day	30 Strive for the Drive MSU
31			NCES 4th Grade Environmental Camp			



# 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.

University of Kentucky  
College of Agriculture,  
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Nicholas County

368 East Main

P.O. Box 3

Carlisle, Kentucky 40311