

# Nicholas County August 2016

**Cooperative Extension Service**  
Nicholas County  
368 East Main Street  
Carlisle, Kentucky 40311  
(859)289-2312  
Fax: (859) 289-4709  
extension.ca.uky.edu

## Family & Consumer Sciences

Holy cow, where did the summer go? School starts back in less than two weeks, I hope you had time to get your summer to-do list checked off! However, with summer drawing to a close, our Homemaker year is about to kick off! I look forward to seeing you at club meetings and other events. We have a lot of great things already on the calendar for you, I hope you'll join us at as many as possible!

Also, a quick shout out to EVERYONE who volunteered their time with the Floral Hall at the Nicholas County Fair! You guys accepted entries, placed ribbons, organized, reorganized, sat with items; basically you guys ROCKED! I could not have done it without you! We had a total of 133 Adult, Junior and 4-H entries this year! Thank you again for EVERYTHING that you do!





## Leader Lesson – Tuesday, August 9<sup>th</sup> at 12:00!

Eating is an activity that most of us do at least three times a day. We eat because food appeals to our taste buds. We also eat because food is good for us. Eating provides our body with energy so we can breathe and function and impacts our overall health. Join us and learn ways in which nutritious food and healthy eating can help maintain a healthy body and protect against various diseases; select strategies for healthier, smarter eating; and participation in a taste test challenge. *Bring a sack lunch to enjoy while we're learning!*



After the huge success of our fair trip last year, we decided to take another trip to Louisville to see all that we can at the Kentucky State Fair. We are going on Tuesday, August 23<sup>rd</sup>. I have a van reserved and spots are limited. Please call and RSVP as soon as possible to hold your spot!



**4-H and FFA Annual Show and Sale**



The Annual Nicholas County Youth Livestock Association Show and Sale will be Saturday, September 3<sup>rd</sup> at the Livestock Pavilion at 5:00. The livestock show will begin at 5:00, dinner at 6:00 and the sale will begin promptly at 7:00! In keeping with tradition, the committee and kids have requested tasty treats from our Nicholas County Homemakers. I hope you and your club will help with some sweet treats for our meal for this event...we need at least 150 items! Please drop off your goodies at the extension office throughout the day on Friday, September 2<sup>nd</sup>. Package cookies, brownies, cupcakes, bars, etc in individual Ziploc bags and please label if they include any nut products. Club presidents have additional information. Thank you for helping keep this tradition alive, the sweet treats are always a highlight of the night!

## RJ Corman Dinner Train

The Scott County Homemakers are taking a daytrip to Bardstown, KY on October 28th, to enjoy a ride and lunch on the RJ Corman Dinner Train and a day of shopping! The cost would be \$110 and includes bus, driver gratuity, and train ticket which includes lunch. If this is something you would be interested in, please contact the office on or before Friday, September 2nd.



## Bluegrass Area Craft Festival

It's that time of the year again, the Bluegrass Area Fall Craft Festival will be held at Madison County on Friday, October 14th and Saturday, October 15th. Full color copies of the catalog have been given to all club presidents, are at the office and posted on the Nicholas County Cooperative Extension webpage. Registration form is attached.



## Bluegrass Area Annual Meeting

On Friday, October 21st, Scott County Homemakers will host the Bluegrass Area Annual Meeting. A flyer with speaker information, meal and registration costs is attached. I hope you will join us! We do have a van reserved to transport up to 11 people! Registration and payment are due to the Nicholas County Extension Office on Friday, September 30th. RSVP for van seats is Friday, October 14th!

## Ovarian Cancer Screening



A small part of your membership fee to join Nicholas County and Kentucky Homemakers goes to the Ovarian Cancer Research Fund. The University of Kentucky conducts free ovarian cancer screenings for all women who are over the age of 50 (including those who have NO symptoms and NO personal history) and women over the age of 25 who have a family history of ovarian cancer, and who have had at least 1 year pass since her previous scan.

The Nicholas County Homemakers has scheduled a block of time and reserved a van to transport our local gals to UK for a free screening! Our scheduled time is Monday, December 5th! We only have 10 spots open for this date. If you want to join us, call ASAP and reserve your spot! Seats are on a first come, first serve basis. If we have more than 10 call, a second date will be scheduled.



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

Nicholas County  
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Carlisle, Kentucky 40311

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