



# NICHOLAS COUNTY 4-H NEWSLETTER

## MAY 2025

Read  
NOW!



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

**"To Make the  
Best Better"**

🌸 Get Ready for the County Fair – Show Off Your Skills! 🎨🍰🐮

Hello 4-H'ers! The county fair is right around the corner, and it's your time to shine! Whether you love animals, art, baking, gardening, crafts, or science, there's a place for YOU at the fair. Entering a project is a fun way to show what you've been working on, learn something new, and maybe even win a ribbon or prize! Don't miss out on this awesome opportunity to share your talents with the whole community. Let's make this year's fair the best one yet – we can't wait to see what you create!

In this newsletter you will also find opportunities to come and create entries for the fair. We will be having a Food Preservation Project Day where you can learn how to dehydrate apples, can pickles, and make your own strawberry jam. In addition to the Food Preservation Project Day, we will also have something for art lovers. On May 19<sup>th</sup> join us for painting dried gourds for a Heritage Arts entry.

To your right, be sure to scan the QR code to see the entire fair project list and what you can enter for each category. We are excited to see what you create. All winners will receive ribbons and cash! Lastly, if you win at the county level you will receive 2 FREE State Fair Tickets to attend the Kentucky State Fair in August to see your winning entry on display.

All fair entries are due to the office on June 6<sup>th</sup> by 4:30 p.m. and will be judged the following week. Bring your family out to the Nicholas County Fair and Livestock Shows to see your work on display at the Nicholas County Livestock Barn, June 12-14<sup>th</sup>!



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### 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 40506



Disabilities  
accommodated  
with prior notification.



Arts 6029  
Crops 6018  
Consumer & Financial Education 6040  
Country Ham 6013  
Dairy Judging Contest 6012.1  
Companion Animals 6011.4  
Electric 6021  
Entomology & Honey 6026  
Foods 6035  
Fair Recipes  
Food Preservation 6036  
Food preservation recipes  
Forestry 6027  
Geology 6028  
Home Environment 6039  
Horticulture & Plant Science 6015  
Horticulture Contest 6016  
Land Judging 6019  
Lawn Tractor 6023  
Leadership 6041  
Work Force Preparation 6041.1  
Civic Engagement 6041.2  
Needlework 6033  
Petroleum Power (tractor) 6022  
Photography 6030  
Poultry Judging 6014  
Avian Bowl 6014.1  
Poultry Showmanship 6014.2  
Rabbits 6009  
Sewing 6032  
Tobacco 2101  
Trends 6042  
Wood Science 6025

Scan the QR  
code to read  
about these  
categories.



# 4-H Sewing Club FINAL MEETING

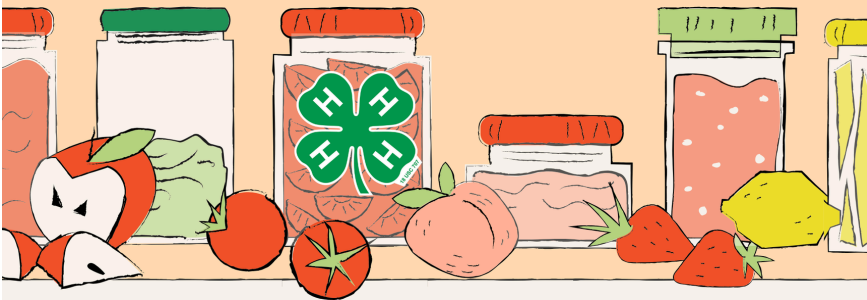


SAVE!  
THE DATE!

**May 27<sup>th</sup> at the Office until 1 p.m.- 4:30 p.m.**  
**We will use this time to finish projects up for County Fair.**

Cooperative  
Extension Service

Nicholas  
County



## 4-H FOOD PRESERVATION FAIR PROJECT DAY DRIED APPLES - STRAWBERRY JAM- PICKLES

WHO: YOUTH 9-18 YEARS OLD WHERE: LIVESTOCK BARN WHEN: THURSDAY, MAY 29<sup>TH</sup> 10 A.M.-2 P.M.



SAVE!  
THE DATE!

# FINAL MEETING PHOTOGRAPHY Club



We will be taking a  
photography field trip to  
Wendt's Wildlife to  
capture pictures for  
County Fair Entries.  
Admission will be  
covered.

WHERE: Meet at Office  
afterschool  
WHEN: May 8th  
WHO: All youth  
interested in pictures for  
County Fair Entries

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Lexington, KY 40506



# 4-H FAIR PROJECT DAY

WHO: 4-H'ers interested in  
creating a Fair Project  
Entry

WHAT: Painted Gourd  
Class

WHEN: May 19<sup>th</sup>,  
afterschool until 4:30 p.m.

WHERE: Nicholas County  
Extension Office

\*Space is limited. FREE!  
Ages: 9-18



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Coming Soon...





Nicholas  
County 4-H

# 4-H DRONE PROJECT PREPARES YOUNG PILOTS FOR LAUNCH

With help from 4-H, youth across Kentucky are picking up a new kind of controller—one aimed at taking their career prospects in the expanding field of STEM technology to the next level.

The 4-H Drone Project provides young people with knowledge and hands-on experience in both piloted and autonomous drone technology. In addition to teaching participating youth how to pilot drones, the program is also designed to spark interest in exciting practical applications for high-demand computer science and coding skills.

The project's would-be drone pilots and programmers engage in real-life problem-solving scenarios that promote teamwork and communication skills. Guided by a curriculum developed by the University of Illinois, The Ohio State University, PITSCO Education and Robolink's Codroneedu, the project also encourages young people to learn more about emerging innovative uses for drones to improve quality of life.

The U.S. economy is expected to add more than 100,000 new jobs in unmanned aircraft systems and drone technology by 2025, according to estimates from the Association for Unmanned Vehicle Systems International (UAVSI). UAVSI also projects that the cumulative economic impact of unmanned aircraft systems integration in Kentucky alone from 2015 through 2025 will reach \$537 million. Drone programmers and operators are employed in multiple industries, including agriculture (farm scouting and crop mapping), business (delivery, insurance, property inspection, and public utilities), public service, military and first response emergency service, journalism, entertainment and more. With drone usage expected to grow even more in the future, getting youth interested early and educating them on the

proper and safe use of drone technology could give them an edge in employability.

Currently, 4-H professionals, program assistants and volunteers from 15 Kentucky counties have received training and are in the process of launching pilots for the project, with two counties having secured more than \$8,000 in local funding for their initiatives. In addition, more than 175 Kentucky youth have experienced the Kentucky 4-H Drone Project through workshops conducted by the Kentucky 4-H SET Leadership Board at the 2022 and 2023 Kentucky 4-H Teen Conferences and at 2023 and 2024 Drone Day camps conducted with the Challenger Leadership Center in Paducah, Ky. Two additional 4-H drone educational in-service events will be held in the West Central and East Central regions in April 2025 to encourage more counties to take part.

Funding for the addition of more 4-H Drone Project pilot counties is available through the Kentucky 4-H Foundation. Plans are also in the works for a possible 4-H Drone Challenge to be held in Cloverville at the 2025 Kentucky State Fair, if proper permissions can be secured.

To get involved or find out more about 4-H Drone Project opportunities in your area, contact our local Nicholas County Extension office.



**MAY 2025**

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

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## THIS MONTH'S TOPIC CATCH SOME Z'S

**S**leep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

### How much sleep should you get?

How much sleep you need depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our



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**Continued from the previous page**

body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
  - Keep your room cool (around 60 to 67 degrees F).
- **Reduce noise by using earplugs or a white noise machine.**
- **Keep your room as dark as possible.** You could use curtains or an eye mask.
- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinner time you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

**REFERENCE:**  
[https://archive.cdc.gov/www\\_cdc.gov/healthyschools/features/students-sleep.htm](https://archive.cdc.gov/www_cdc.gov/healthyschools/features/students-sleep.htm)

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School of Human Environmental Sciences





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# Strawberry Green Tea

**13 cups** water

**13** green tea bags, regular size

**1 pound** fresh strawberries

**1 cup** honey

**1** lemon, optional

**1. Wash** strawberries and remove the tops.

**2. Chop** the berries with a hand chopper in a large pot.

**3. Add** water to the chopped berries and bring to a boil, stirring occasionally.

**4. Remove** from heat and let mixture cool for 5 minutes.

**5. Add** tea bags and submerge. Steep tea for 2 to 3 minutes.

**6. Strain** the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

**7. Add** honey and stir until dissolved.

**8. Chill** and serve.

**9. Garnish** with a lemon slice or a fresh strawberry if desired.

**Yield:** 16, 8 ounce servings.

**Nutrition Analysis:** 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

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



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