



# NICHOLAS COUNTY 4-H NEWSLETTER

Read  
NOW!

April 2025



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

**"To Make the  
Best Better"**

Happy April! Many of our clubs are winding down and now we begin looking toward fair season, summer camp, and state fair. To your right you will see the categories for entries in the county/state fair. In May, we will be hosting several project days that we encourage your youth to participate in. Be on the look out for that.

Also, in this newsletter is our flyer for the County Communications Contest. We would love to see our outstanding club members participate in this exciting opportunity. The contest will be held on April 30<sup>th</sup> at NCES and will allow 4-H'ers to present a speech or demonstration on any topic of their choosing to two judges. Many shy at the chance to do this because they feel they will have to give their speech or demo to a LARGE audience. Not so! We want Nicholas County to be represented at the Area Competition and advance in not only winning, but in their confidence. If you have a child interested, please reach out and we will help them prepare for the event.

Lastly, registration has opened for one of our favorite events...Teen Conference. Teen Conference will be held on UK's campus June 10-13 and will allow high school age kids the opportunity to stay in the newest dorms, focus on a major, and experience college life for a week. If you have a youth interested in going, don't delay. Majors fill up quick and we want them to get the focus area they would like. Enjoy your Spring Break and we will see you soon!



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.



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## 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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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

**LAST DAY!**



# Cooking Club

**April 29th**  
**Livestock Barn until 4:30 p.m.**  
 \*Space is limited. Please **RSVP** to the **REMIND** text when meeting invitation goes out!

**4-H Sewing Club**  
 2024-2025




**SAVE! THE DATE**

**April 21<sup>st</sup> at the Office until 4:30 p.m.**



# 4-H HORSE CLUB


**April 17th**  
 Afterschool at the office  
 until 4:30 p.m.




**Make sure you have joined REMIND!**

**Cooperative Extension Service**  
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 4-H Youth Development  
 Community and Economic Development

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**SAVE! THE DATE**

# 2024-2025 PHOTOGRAPHY Club

**FEBRUARY 7TH**

**• April 4th**  
**Afterschool until 4:30 p.m.**

**No camera is required BUT if you have one, please bring it or a cell phone.**  
**Meeting is at the office!**

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

# VALIDATION FORMS

**If you have completed your 6 hours of education, please stop by the office to pickup your validation form.**








**TEEN CONFERENCE**

**FIND YOUR SPARK AND BUILD FRIENDSHIPS**

**10th - 13th June 2025**

**About Our Event**

Kentucky 4-H Teen Conference is a comprehensive leadership development event tailored for high school 4-H members. This conference is designed to provide youth with a multifaceted experience that combines educational workshops, leadership training, community service, and social activities.

**JOIN US!**

**Event Highlights**

**Majors**  
These workshops are held on the University of Kentucky campus, offering a unique opportunity for youth to experience college life and explore the academic resources available at UK.

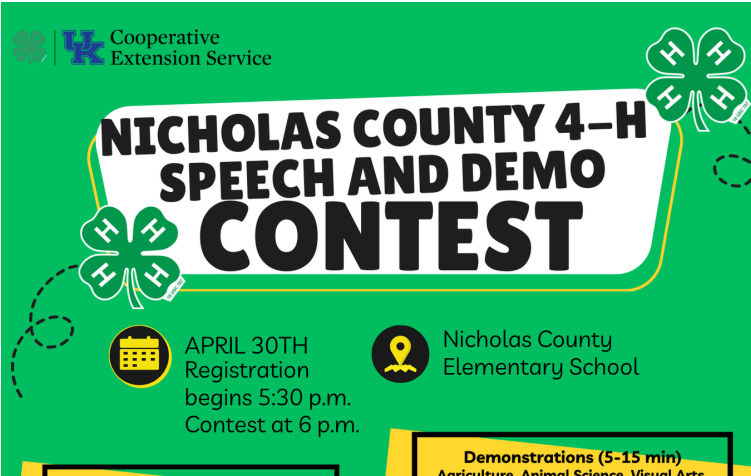
**Leadership Minor**  
Focuses on developing essential leadership skills through targeted activities and discussions

**Day of Service**  
Participants engage in community service projects throughout Lexington

**Social Activities**  
These activities include CLOVER Fest, a formal dance, dorm life experience, and area night-out events. These events provide a fun and relaxed environment for youth to connect with their peers.

**CONTACT YOUR COUNTY 4-H AGENT**

**WEBSITE**  
[extension.ca.uky.edu](http://extension.ca.uky.edu)



**NICHOLAS COUNTY 4-H SPEECH AND DEMO CONTEST**

**APRIL 30TH**  
Registration begins 5:30 p.m.  
Contest at 6 p.m.

**Nicholas County Elementary School**

**Speeches**

- Topic choice of participant
- Junior Time (ages 9-) 3-5 min
- Senior Time (ages) 5-7 min

**Demonstrations (5-15 min)**  
Agriculture, Animal Science, Visual Arts, Performing Arts, Clothing and Textiles, Family & Consumer Sciences, Foods, Health, Team Demonstrations, Natural Resources, Shooting Sports, Science Engineering, Technology, Digital Media Presentation

**REGISTER NOW**

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

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

# MAJORS for Teen Conference

Major Number	Major	Title	Description
AGR1	Agriculture	Agri-tourism in Central Kentucky	Agri-tourism is a growing industry in Kentucky. Spend two days discovering what all is offered in beautiful central Kentucky. One stop along this journey is at The Kentucky Castle. Discover the variety of locally grown products they are producing in their back door and how they use those products in the meals they provide. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting. Closed-toed shoes are encouraged.
AGR2	Agriculture	Behind the scenes at Hallway Feeds and Blue Grass Stockyards	The story of Hallway Feeds begins just as you would imagine: on a farm. And with the vision to provide high-quality, specialized feed to best serve the nutritional needs of hardworking horses all over the world and provide peace of mind to those who care for them. That vision continues today. Discover how the Hall family has made top-notch feed for over 90 years. Also, in this major you will have the opportunity to travel to the state-of-the-art facility of Blue Grass Stockyards. You will receive a behind-the-scenes look at their marketing service as well as dive into educational opportunities in their learning lab. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting. Closed-toed shoes are required.
AGR3	Agriculture	Beyond the Bale: The Science of Feeding Animals	In this hands-on lab experience, we'll explore a monogastric digestive system and the role of carbohydrates in their diet. You'll learn some lab skills such as pipetting and then apply them to see how soaking feed impacts sugar content and then analyze blood samples to measure the effects of feed soaking on the animal's blood glucose levels post-feeding. Join us to uncover the science behind feeding and how changes in feeding strategy might impact health. Participants should wear long pants and closed toe shoes.
AGR4	Agriculture	Discover UK Animal Science	Jump on board to experience what the UK Animal Science Department has to offer. You will be immersed in the learning environment both on campus and UK's Oran C. Little Farm in Woodford County. You don't want to miss this hands-on learning experience! Please wear closed-toed shoes and pants. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting.
AGR5	Agriculture	Horsing Around in Kentucky	4-Hers will learn about the ins and outs of racehorse training, including exercise schedules, nutrition, and the day to day life of a racehorse. They will also watch the morning workouts at Keeneland, tour the Keeneland Library, and learn about the Equine Science and Management Program at UK. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting. Participants are required to wear closed-toe shoes, long pants (jeans or khakis), and a polo shirt or t-shirt. Spaghetti straps and shirts showing midriff are not allowed.
AGR6	Agriculture	Introduction to veterinary anatomy	Understanding the anatomical structures of animals is key for veterinarians to determine the extent of a patient's injuries. In this session, we'll review and compare anatomical structures of different species using radiographs, actual bones, and 3-D models. Non-living specimens/actual bones will be used for palpation and comparison. A brief overview and question and answer session about getting into veterinary school can also be included.
CC1	Communication	Communicating with Dazzling Data to Shape Public Policy	In this workshop, we will explore how communicating with data can help us solve problems that matter in our communities. Students will work together to create data visualizations that shine. They will then apply them in a creative, collaborative decision-making process.
CC2	Communication	Dive into Media and Communication: Hands-On Experiences and State-of-the-Art Facilities	Explore a communication and media major by learning from hands-on experiences that include flying drones, video production, creating animation and more. You'll also have the opportunity to visit our new state-of-the-art studio and production center in Rupp Arena, where UK students produce news and sports shows and take courses alongside broadcast, media production and sports professionals. This facility is a joint effort of the College of Communication and Information, UK Athletics and IMI Sports. If you want a career in media and communication, this is the major for you! Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting.
CC3	Communication	Spotlight! - Sharing State 4-H Teen Conference through media and print!	Extra Extra read all about it!!! This major will have participants creating a recap of each day at conference to share with the delegation! We will also put together the first slide show! Participants will utilize software, video, pictures and print to share their conference with the delegation! It will be helpful if participants have a smart phone!
CC4	Communication	Unlocking Your Speaking Potential! Toastmasters Where Leaders are Made!	Description: Join us for an exciting workshop led by the President of the UK Big Blue Toastmaster Club. This session is perfect for young individuals who want to become confident leaders and effective communicators.
EA1	Expressive Arts	Composition to Construction: Hands on Introduction to Landscape Architecture	Participants will engage in activities that will help them learn about landscape architecture. Youth will observe outdoor environments around the UK campus. Afterward, participants will compose a landscape and then construct their designs.
EA2	Expressive Arts	Expressive Arts: Clay Sculpture and Pottery	4-Hers will learn about clay project options from the 4-H Kentucky State Fair Curriculum, and will focus on various sculpting techniques that include carving and handbuilding, using self-hardening clay.
FCS1	Family Consumer Sciences	Cooking Skills, Thrills, and Onion Peels	Join Chiefs 'Squads, Tanya and Tem, for an in-depth class about knife skills, cooking techniques, careers in the agro-food world, team building, product knowledge, and all aspects of the local food system. Participants should wear closed-toe, non-skid shoes (sneakers are fine), and clothes with no long sleeves or pants that could catch on a pot handle or drop into a flame. Long hair should be pulled into a tie or covered with a hat. Participants will stand for a large portion of each day. All other materials will be provided.
FCS2	Family Consumer Sciences	Fashion Revue	The purpose of the 4-H Fashion Revue is to cast the spotlight on youth in sewing, needlework, creating fashion, and self-expression projects. The 4-H Fashion Revue is planned by the State 4-H Fashion Leadership Committee and highlights the best and brightest fashion talent in all of Kentucky 4-H. We are also seeking attendees (escorts) for this exciting evening of fashion. Therefore this is not limited to just the fashion review contestants.
FCS3	Family Consumer Sciences	Fibers and Fabrics and Laundry, OH MY!	Ready for an adventure in textiles? Come explore fiber basics and learn about different fabrics through hands-on activities. We'll connect this with an interactive laundry lesson, including stain removal tips and clothing care advice. Use this knowledge to impress your friends - or at least make your pile of dirty laundry magically disappear!
FCS4	Family Consumer Sciences	Fun with Fashion and Hospitality	During this session, you will be introduced to activities that will familiarize you with both the fashion and hospitality industries. Topics such as color study, visual merchandising, fashion sustainability, event planning, and business etiquette will be covered. This session will be interactive and will provide hands-on experience within the industries.
FCS5	Family Consumer Sciences	Skills that Pay the Bills	Youth will learn the skills that they will need when entering the workforce. We will focus on what they should think about when deciding on a career, what employers look for in an employee, preparing for an interview and building their resume.
FCS6	Family Consumer Sciences	Eco-Friendly Fashion: Hands-On Techniques for High Style with Low Environmental Impact	Manufacturing in the fashion industry is done with processes that are harmful to our waterways and ecosystem. In this class we will learn more about fast fashion versus slow fashion and how designers can be mindful to help reduce the harmful effects on the environment. There will be hands on design projects to flex your creativity. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting.
HEA1	Health and Wellbeing	Game Changer: Unlocking Positive Growth in Sport	The purpose of this session is to strengthen the health and safety of youth athletes via comprehensive training on positive youth development. Through this session, individuals will learn behaviors and actions that build positive relationships, dynamics, and cultures. Individuals will build skills in self- and other-awareness and effective communication strategies that support the creation of safe and inclusive sporting environments.
HEA2	Health and Wellbeing	Get Active with Campus Recreation	Join us for two days of fun and fitness activities! Experience a variety of sessions including fitness classes, team-building games, volleyball, Can Jam, Knockout, and climbing challenges. Learn about the benefits of physical activity and enjoy free play time. Please wear closed-toe shoes and active wear.
HEA3	Health and Wellbeing	Nutrition in the Virtual World: Using Technology to Research Eating and Education	Learn about how virtual reality (VR) is designed and used to study eating behavior and provide interactive nutrition education on experiences. You will get to try out two different VR programs, a digital dietitian and a virtual food buffet. The presenters will also speak to education pathways for careers in nutrition.
HEA4	Health and Wellbeing	They Call It "Yuck Mouth"! Discovering Dentistry: Navigating Opportunities in Oral Health	Day 1 - "They Call It 'Yuck Mouth'": 4-Hers will learn about cavities in teeth, and will have the opportunity to prep and fill a tooth in our simulation lab. Youth will also learn about the career of dentistry. Day 2 - "Discovering Dentistry: Navigating Opportunities in Oral Health": An introduction to the career of dentistry and the process to enter the dental field. 4-Hers will also hear presentations on the link between oral and systemic health and research in dentistry from UKDCD faculty. Participants will have the opportunity to meet and ask questions with current UKDCD students.
NR1	Natural Resources	Buzzing into Age and Natural Resources: Hands-On Bee Biology and Pollinator Conservation	We will learn about bee biology, how bees interact with plants, and why bees and other pollinators are critical to agriculture. We will do safe and fun hands-on activities with wild bees and honey bees. This program is relevant to anyone interested in agriculture, natural resources, conservation, and biodiversity. Please bring or wear pants and closed-toed shoes. Delegates are required to turn in their Personal Information Enrollment Form (PIE) to the State Teen Council (STC) Member the first day of meeting.
NR2	Natural Resources	Exploring Water Quality Indoors and Out	Love clean water, exploring the outdoors, and learning how you can help the environment? Are you interested in pursuing these passions as a career path? Join this dynamic session of indoor and outdoor discoveries as we tour a university research lab, engage in streamside field sampling, and use our findings to help understand the connection between water quality and the health of humans and our shared environment. We'll learn specifically about the UK Department of Biosystems and Agricultural Engineering's Messer Ecological Systems Observation (MESO) Lab that focuses on identifying contaminants and nutrients in surface and ground waters, traces contaminants in the natural environment, and uses innovative water quality monitoring and analytical methods to treat contaminants using ecosystem based Best Management Practices. Lab Manager and PhD student, William Rud will give us a sneak peek into the daily life of Biosystems and Agricultural Engineering research and introduce us to how the university is developing and applying current research to build healthier streams, wetlands, and agricultural ecosystems in Kentucky! We will also have an experiential learning day in the field at the Alumni Drive Stream Restoration site to learn about urban water quality and quantity issues and how land use change over time impacts these issues. We'll also engage in stream assessment techniques that are used across a variety of disciplines to characterize water quality and stream health through hands-on learning in the creek. 4-Hers should be prepared to be outside and exposed to the elements at least partially on both days. This is a rain or shine event, please dress accordingly. Closed toe shoes are required. Participants are encouraged to bring a snack and reusable water bottle and apply sunscreen and bug spray is recommended. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council Member the first day of meeting.
NR3	Natural Resources	Field to Fork	Field to Fork teaches outdoor skills necessary to acquire sustainable, local protein. Join us for a group lesson in wildlife management, conservation, and ethical harvest of game species. 4-Hers will learn hands activities including wild game biology, processing, cooking, and more.
NR4	Natural Resources	Hook and Cook	Hook and Cook teaches the outdoor skills needed to catch and clean fish. Join us for an informational fishing 101 class including how to tie knots, locate places to fish and clean your catch! We will have hands on knotting and casting activities.
SET1	Science, Engineering and Technology	How do we study the function of genes?	DNA serves as the blueprint for organism's body plan and its responses to the environment. In this session, we will extract DNA from plants and explore examples of how gene functions are studied to better understand the fundamental rules of life. Our Agricultural and Medical Biotechnology undergraduate program fosters critical thinking and preparation for a successful career!
SET2	Science, Engineering and Technology	Molecular Biology for Beginners: Using Forensic DNA Techniques to Identify Insects	In this workshop, students will learn modern molecular biotechnology techniques that are commonly used in forensics. Rather than solving a crime, we'll be using these techniques to solve the mystery of "What kind of insect is that?" In the first day, students will work in the laboratory to isolate DNA from insects, and on the second day they will use computational methods to figure out what insect their DNA sequence belongs to. For safety purposes, closed-toe shoes should be worn for this activity.
SET3	Science, Engineering and Technology	Physics of an Amusement Park	Ever wanted a chance to design your own amusement park? Want to know what goes into making the rides and games work? Join us for this major session to learn more about the design, building, operation, and physics behind some popular amusement park attractions and work together to make a park for everyone!
SET4	Science, Engineering and Technology	Battling Bacteria: Understanding Zoonotic Threats and Antimicrobial Resistance	Zoonotic bacteria, which are transmitted between animals and humans, pose an increasing public health threat, especially with the rise of antimicrobial resistance (AMR). In this session, you'll learn how bacteria are spread among animals, humans, and the environment, and discover practical strategies to protect yourself from bacterial infections. Engage in case-based discussions and real-world examples to understand the impact of AMR on both human and animal health.





Nicholas  
County 4-H

# GET YOUR 4-H CAMPER READY FOR ADVENTURE WITH THESE NINE PREPPING EXERCISES



4-H Camp is an exciting opportunity for youth, but a group living environment with high independence can also be stressful. Basic tasks like managing one's own belongings and navigating the campgrounds can be a big adjustment. Parents and caregivers can make sure their future campers are physically, mentally, and emotionally prepared for their upcoming 4-H adventure with these nine helpful exercises:

1. Pack a suitcase with your child a few days before camp. Packing clothes in Ziploc bags with day labels can help your child stay organized; dirty clothes can then be repacked at each day's end in the empty bags.
2. Practice stocking a daypack. Help your child pack their own backpack with items they'll need for a typical camp day, including a towel, a Ziploc bag for a wet swimsuit, sunscreen, water bottle, hat, and sunglasses. At camp, counselors will also help campers review the schedule and remind them to double-check belongings before moving between activities.
3. Test-drive a shower caddy for toting toiletries. To manage camp toiletries, try using a small backpack for dry items and a caddy or waterproof bag for wet items. Practice using a caddy at home for bathing, brushing teeth, getting ready for the day, and going to bed.
4. Help your child keep track of shower time. Camp shower lines can be long. Practice five-minute showers before camp. The showers at camp are private, but for children who are modest, they can always shower in bathing suits.

5. Prepare to "pitch in" to keep the camp clean. To get into the routine, encourage your youth to sweep, wipe the kitchen table after meals, and make the bed daily.

6. Get comfortable with tracking time and monitoring surroundings. Camp gets busy! While exploring the campgrounds on the first day, note landmarks. To familiarize your child with the camp layout, look up your campground map on the 4-H website. Before camp, take family walks to prepare your child for hiking.

7. Encourage your child to stay hydrated by drinking plenty of water. To determine how many ounces your child should drink daily, divide your child's body weight by two. Start using a camp water bottle in the weeks before camp to track water intake.

8. Learn how to air-dry wet items. No one likes moldy clothes! Teach your child to use a clothesline and space items out to dry in the sun.

9. Teach your child how to take a break. Discuss ways your child can find quiet time in a busy environment and how to recognize when a break is needed. Your camper can ask a counselor for quiet time. Talk about managing emotions, too. Give your child a scenario and discuss what to do if problems arise.

Above all, remind your youth that it's normal to feel overwhelmed in a new environment and that it is okay to ask for help. Our staff and volunteers want every child to thrive at camp and are committed to supporting your camper.





APRIL 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Nicholas County  
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## THIS MONTH'S TOPIC

### READY, SET, PLAY!

The weather is warming up, the sun is shining more, and the days are getting longer. Spring is finally here! It can be hard to enjoy being outside when it is cold or dreary. So, take advantage of nice weather and sunshine to get outside and play!

Did you know that kids need to play outside? Your brain and body need to play and be outdoors to grow and work best. Many of your favorite reasons for liking to play are also why play is so good for you!

When you play, you get to make your own choices and decisions. The games you choose, the toys you pick to play with, and how you use your imagination help your brain get stronger.

Your body needs to move. Playing outside

Continued on the next page →



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Disabilities  
accommodated  
with prior notification.

Lexington, KY 40506

## Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain.

→ Continued from the previous page

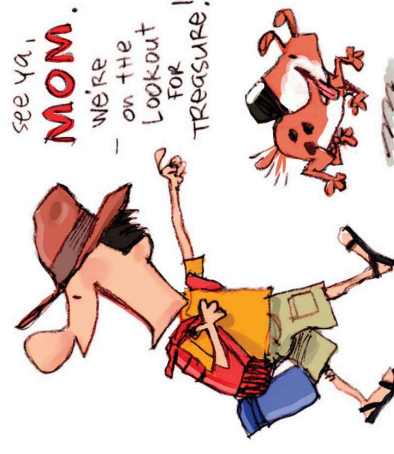
lets you decide how to move it. Maybe you like to race with your friends, jump across rocks, or learn how to do a cartwheel. All these are good for your muscles and bones! Our muscles and bones get stronger when we use them, and play lets you use your body in fun ways.

It is also good to play outside.

Sunlight gives our bodies vitamin D, and fresh air is good for our lungs and brain. Not to mention, being outside often helps us feel happier and less stressed. If you feel down or sad, try going outside and moving your body. You will likely feel at least a little better.

## Here are some ideas of ways to play outside:

- **Go on a nature treasure hunt:** Look around your yard or neighborhood for unusual items. Can you find a very shiny rock? Or what about a flower in a color different from all the others? What about a leaf that is much bigger than the rest? Can you find animal footprints?



Or sticks in the shape of the letters of your name? You might have to pay attention!

- **Create an obstacle course:** Look for items in your yard, garage, or toys that you can use to make an obstacle course. Make a starting point and finish line. Put items in between them that you will have to jump over, crawl under or through, dodge around, or climb. Once you have made your course, have a grown-up or friend time you to see how long it takes you to finish the course. Then, try to beat your own time!
- **Pretend you are on an adventure:** Think about your favorite book or movie and try to re-create it! It is OK if you do not have all the costumes or props. Get creative and think about what you have that you could use instead! If you need more characters, ask your siblings, friends, or neighbors to play, too!

## REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

## YOUTH HEALTH BULLETIN

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Chris Ware © University  
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Environmental Sciences)



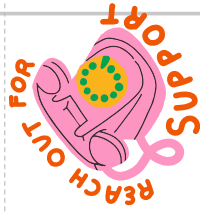


# April 2025

*April is Stress Awareness Month!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Ag Safety Day for NCES 4th Grade	5
6	7	8	9	10	11	12
		Spring Break				
13	14	15	16	17 Horse Club	18	19
20	21 Sewing Club	22	23	24	25	26
27	28	29 Cooking Club	30 County Communi- cations Contest 6 p.m.			



**RELAX**

**Positive  
Vibes  
Only**





# Asian Asparagus Salad

**1 pound** fresh asparagus

**1½ tablespoons** low sodium soy sauce

**2 teaspoons** sugar or artificial sweetener

**1 tablespoon** olive oil

**2 teaspoons** sesame seeds

**1. Snap** off and discard the root ends of the asparagus.

**2. Wash** remaining stalks thoroughly.

**3. Slice** stalks into 1½ inch lengths on the diagonal.

**4. Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.

**5. Cool** immediately

under cold water and drain.

**6. Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.

**7. In** a gallon zip-seal bag, add asparagus and dressing.

**Turn** bag to coat asparagus with

dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.

**Yield:** 4, ½ cup servings.

**Nutrition Analysis:** 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

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



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