

NICHOLAS COUNTY 4-H NEWSLETTER March 2025



"To Make the **Best Better**"

FARM & FAMILY NIGHT

Save the Date:

March 11th, 2025

Questions? Call (606) 301-6118

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SPORTS

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POWDER-IRAP

Nicholas County Livestock Barn 1471 Concrete Road

Carlisle, KY 40311

MARCH 20TH AT 6 P

WORKFORCE

IONS

Presenting our **Title Sponsor**

Tickets available

after February 3rd

Winter is slowly leaving, and SPRING is on the way. With the new season, we will also begin a new season of 4-H Shooting Sports. If you are interested, please be sure to save the date for March 20th to come out and meet the coaches and get your questions answered. The information meeting will begin at 6 p.m. at the Nicholas County Livestock Barn located at 1471 Concrete Road. Our 4-H Shooting Sports program continues to grow and excel because of the wonderful leaders we have supporting our youth.

Summer Camp 2025 signups went great and Nicholas County was blessed to have the interest this year that we had. As of this newsletter, all GIRL spots are filled, and only 2 spots remain for BOYS. If you haven't registered, I still want to encourage you to fill out an application and join the waitlist. Each year we have campers who give up their spot due to a scheduling conflict that opens beds up, so be sure that you are on that waitlist if you want to attend.

Lastly, I want to mention Ag Tag as it is March and many of you reading this will renew your tags with the County Clerk this month. Last year we were fortunate to raise \$4100 through Ag Tag Donations and we hope to exceed that this year. Money raised through the Ag Tag program benefits both Nicholas County 4-H and Nicholas County FFA programs. As you approach your renewals, we invite you to consider the voluntary \$10 donation when renewing your farm license plate. If every resident of Nicholas County participates, we could raise \$14,850, imagine the difference that could make for our youth and the future of our community!



Cooperative Extension Service

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



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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 s physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability physical of metadomic distances of the physical relation of physical distances of the second distances





Lexington, KY 40506











2025



Kick off 2025 at our Livestock Spring Training Camps

Judging, Where do I begin?

Nutrition... Captain Crunch or Frosted Flakes?

What's that wool?



- Guess what? You can leave YQCA Certified!
- 0

- What's the banner worth?

- - Your paragraph text
- **MARCH 28 & 29 AT**

http://kypork.org/strive-for-thefor your registration fee visit:

drive

For more information and to pay

APRIL 11 & 12 AT MURRAY STATE UNIVERSITY

HTTPS://FORM.JOTFORM.CO M/250416591506152 MURRAY

HTTPS://FORM.JOTFORM.CO M/250405512455146 MOREHEAD



COST IS \$25 FOR KENTUCKY YOUTH AND \$50 FOR OUT OF STATE **SCAN THE QR CODES TO REGISTER:**

BOUNDLESS FUTURES S10 AG TAG BUILDS HOW YOUR

KENTUCKV FFA

students and chapters competing at Provides travel scholarships for the National FFA Convention.

chapters to enhance classrooms and Offers grant opportunities for local communities.

Kentucky 4-H

experiences, builds friendships, and fosters growth through 4-H Camp. Creates hands-on learning

design, and community projects. through judging activities, 3-D Supports skill development



00% TO AG

evenly split between Kentucky 100% of Ag Tag funds are 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

Kentucky Proud

programs like Athletes in Funds **scholarships** for Agriculture.

North American International Livestock Exposition possible. Kentucky State Fair and Makes events like the







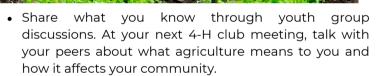
'TOGETHER, WE GROW.' HOW TO HELP CELEBRATE NATIONAL AGRICULTURE EDUCATION WEEK WITH 4-H

Our communities across Kentucky and beyond are gearing up to celebrate National Ag Week, March 17-21. As part of the weeklong celebration, we are encouraging everyone to recognize and support agriculture's vital role in fueling our everyday lives. For 4-Hers, it's a great opportunity to learn more about the food and farming community—showing their pride and appreciation for Kentucky's hardworking agricultural industry. The official theme for this year's celebration is "Agriculture: Together, We Grow."

Here are several ways to help spread the word and help youth share in the celebration:

- Take a virtual field trip. Bring the farm and farmers to you through the "Kentucky Farms Feed Me" virtual field trip series at <u>teachkyag.org/kyfarmsfeedme</u>, a program of the Kentucky Agriculture and Environment in the Classroom.
- Learn more about what's growing in your county. Check out the Kentucky Food and Farm website at <u>kyfoodandfarm.info</u> info to learn what farmers are growing where you live.
- Prepare a farm-to-table feast. Serve your family a meal that highlights the quality and abundance of locally grown and raised agriculture products in Kentucky.





- Explore agricultural career opportunities. Careers in agriculture include a myriad of jobs in food production, agricultural engineering, environmental science, animal nutrition and more. Learning about these career possibilities is a great way to support the industry's future. Visit <u>kyagworks.org</u> for career profiles and job guizzes.
- Thank a farmer and anyone that contributes to agriculture. Reach out to farmers and anyone you know in your community who impacts this vibrant industry. Express your gratitude for their work and contributions.
- Spread the word on social media. Your county extension office's social media pages are an excellent place to find posts you want to share/reshare. With adult guidance, 4-Hers can remind their family and friends online of agriculture's impact on their lives.
- Participate in the Kentucky Agriculture Poster and Essay Contest. Share what Kentucky agriculture means to them through the written word or colorful artwork. The 2025 theme is "Kentucky Agriculture Makes Me Proud." Find entry information at kyagr.com/marketing/poster-essaycontest.html.

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Extension Service

HEALTH BULLETIN



MARCH 2025 Download this and past issues

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

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

USE GOOD WORDS FOR FOOD **THIS MONTH'S TOPIC**

he way we talk about food HEAR THAT? I'm not oul 100H-OON Did You Bad 21 cookies is Really 10 F000 N

feeling guilty or worried. It also bodies stay strong and healthy. build a healthy relationship relationship with food means with what we eat. A healthy helps us understand that food use kind and good words about food, it can help us bad about eating it. If we can make us feel good or ve can enjoy eating without The words we use when is something that helps our

we talk about food can change now we feel about eating. If we

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kennecky Concernic Networks on several propertic gendless of consume care soft and and the distribution of the distributio nay be available with prior notice. Program information may be made available in languages other than English. Jniversity of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Coop Lexington, KY 40506

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that food helps us grow strong and stay healthy.

By using kind and positive words, we can understand

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When we use words like, "this food gives me energy," foods is wrong or bad. But food is not the problem. enemy. We might start to think that eating some shouldn't eat that," it can make food feel like the see food as something that helps us feel good. say things like, "that food is unhealthy," or "you or "this helps my body stay strong," we start to

regetables, our bodies won't be as healthy. It's about grains to keep us feeling good. If we only eat one like cookies or candy can be good for us because they bring us joy when we eat them. But we also kind of food all the time, like only candy or only It is important to remember that no food is really "bad." It's all about balance. Sweet treats naving all types of food in different amounts. need foods like fruits, vegetables, and whole

When we say foods are "good" or "bad," it can make us feel like we're doing something wrong

is important for our health.

What we say about food





words, we can talk about food in a more helpful way. when we eat the "bad" food. Instead of using these

through meals, we can take time to enjoy how food, and how it makes us feel after we eat it. the food tastes, how it feels, the colors of the It's also helpful to slow down and think about how food tastes. Instead of rushing

talking about food can help us feel good about strong and stay healthy. Whether it's a treat or we can understand that food helps us grow eating it. By using kind and positive words, a healthy meal, food is something to enjoy. The words we use when thinking and

REFERENCES:

meals-focus/96-Satter, E. (n.d.), Are you feeling bad about your eating? Ellyn Satter Institute. https://www.ellynsatterinstitute.org/family-meals-focus/ are-you-ready-to-stop-feeling-bad-about-your-eating/ Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute https://www.ellynsatterinstitute.org/ now-to-eat/the-joy-of-eating-being-a-competent-eater

HEALTH BULLETIN YOUTH

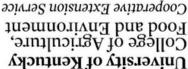
Designed by: Rusty Manseau Cartoon illustrations by: Edited by: Alyssa Simms Chris Ware (© University Anna Cason, RDN Written by:

of Kentucky School of Human Environmental Sciences)

March 2025



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	10	11 Livestock	12	13 Nature Club	14	15
		Farm Family Night			4-H Teen Retreat– Feltner 4-H Camp	eltner 4-H Camp
		Sewing Club				
	17 Cloverbuds	18 Livestock	19 Horse Club	20 Environmental Camp Par- ent Meeting for 4th grade- 5	21 Teen Club	22
	Happy . R. Paricekis • Day	Cooking Club		p.m. NCES Shooting Sports Information Meeting 6 p.m.		
	24	25 Livestock	26	27	28	29
			NCES 4th Grade Environmental Camp	ronmental Camp	R	
	31 Ag Adventure				3	
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Carlisle, Kentucky 40311 P.O. Box 3 nisM tzs3 885 Vicholas County



Dijon Chicken Asparagus Roll Ups

3 tablespoons **Dijon mustard** 1/2 cup low fat mayonnaise 1 lemon, juiced (approximately 3 tablespoons)

safe dish and microwave on high

mallet to thickness of ¼ inch. Place

one slice of cheese and four asparagus

spears on each breast. Tightly roll the

chicken breasts around the asparagus

2 teaspoons black pepper 1/2 teaspoon salt 16 spears fresh asparagus, trimmed

2 teaspoons dried thyme 4 skinless, boneless chicken breast halves (about 5 ounces each) 4 slices skimmed mozzarella cheese 1 cup panko bread crumbs

Preheat oven to 400 degrees F. Grease an 11-by-7-inch baking dish. In a bowl, down, in the prepared baking dish. mix together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. Place asparagus in a microwave 1-1½ minutes. Place chicken breasts temperature is 165 degrees F. For between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. Pound the chicken breasts with the smooth side of a meat Yield: 4 servings **Nutritional Analysis:**

Apply a coating of the mustard mixture

370 calories, 10 g fat, 3.5 g saturated fat,

115 mg cholesterol, 1060 mg sodium,

2 g fiber, 2 g sugars, 41 g protein.

and cheese. Place each, seam side to each chicken breast and sprinkle each with the panko crumbs, pressing the crumbs into the chicken to secure. Bake 35 minutes or until the chicken crisper chicken, place roll-ups under the broiler for 1-2 minutes on high.