

# REPORT TO THE PEOPLE

NICHOLAS COUNTY



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Family and Consumer Sciences

# 2023



Nicholas County Cooperative Extension



<http://nicholas.ca.uky.edu>

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# 4-H YOUTH DEVELOPMENT



## Nicholas County 4-H Youth Programs

Since 2022, Nicholas County 4-H has grown from 174 to 305 youth enrolled in our clubs demonstrating a nearly 175% increase in enrollments. 4-H'ers, regardless of their background, socio-economic status, race or gender, benefit from their participation in Kentucky 4-H. Positive youth development studies have affirmed that compared to other youth, young people involved in 4-H are four times more likely to contribute to their communities and two times more likely to be civically active. The ripple effect of 4-H building youth in to strong leaders who can make positive impacts to their community is unlike any other.

Nicholas County 4-H currently brings 4-H in the Classroom to the 4th graders at Nicholas County Elementary, as well as to 3rd-12th grades at New Beginnings Christian School on a monthly basis using STEM based activities to encourage problem solving and exploration in Science. Youth in Nicholas County also have the opportunity to join the following 4-H Clubs: Sewing, Beginning Cooking, Advanced Cooking, Cloverbuds, Shooting Sports, Livestock, and High School Teen Club. In addition to the opportunities to grow through monthly meetings, Nicholas County 4-H also offers monthly project days to align with county and state fair entry opportunities.

## Thriving with Summer Camp

Kentucky 4-H believes in providing positive youth development experiences that allow youth to experience belonging, mastery, independence, and generosity. Nicholas County youth are fortunate enough to receive those experiences right here in their own backyard at North Central 4-H Camp. Nicholas County Cooperative Extension Service provided 72 campers, 13 Teen Leaders, and 8 Adult Leaders the opportunity to attend summer camp during the summer of 2022. Nicholas County 4-H was also recognized for reaching a camp milestone by having the 2nd highest attendance in a decade or longer.

Summer camp allows youth the opportunity to develop a sense of belonging, gain independence, and develop social skills. The youth learned responsibility that is acquired through independence of living in a group setting to manage their belongings. They also learn how to work together, take on new challenges, and learn skills through the programming that is offered.

Aside from the many ways our campers develop, our Teen Leaders develop leadership skills through their ownership in the programming offered. Teen Leaders take on the responsibility of taking care of younger campers, learn to work as a team, and create bonds with youth under their care that last a lifetime.



2022  
4-H SUMMER  
CAMP





# Family and Consumer Sciences

## Radon Awareness

Radon is the second leading cause of lung cancer, yet it's odorless, tasteless, and can't be seen. The 2021 "[State of Lung Cancer](#)" report shows that Kentucky has the highest incidence rate in the United States. Studies show that people who are exposed to radon and smoke are 10 times more likely to develop lung cancer. Recent surveys show that nearly 30% of Nicholas Countians are smokers. With these facts in mind, radon awareness education has been shared and presented to seniors at the Nicholas County Senior Citizens Center, county homemaker groups, as well as through a published article in the local newspaper with a 2,500 subscription rate, encouraging people to test their homes. In collaboration with the WEDCO Health Department, we were able to provide free mail-in tests for citizens to test their home for radon for this silent killer.



Nicholas County Homemaker memberships doubled enrollment in 2022. In the previous year, Homemaker volunteer hours totaled up to more than 12,000 volunteer service hours



With kindergarten readiness rates lagging, Nicholas County Extension began Laugh and Learn in 2022 in collaboration with the Nicholas County Public Library. Laugh and Learn is a 12 month curriculum to boost readiness and build the connection between parent and child.



Nicholas County Homemakers completed 100 dresses to be donated to the Doctors Without Borders campaign, and an additional 100 to their community outreach program.



In collaboration with the Nicholas County Senior Citizens Center, Bingocize is a 10-week, evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of bingo, which is a great, fun way to get older adults moving and socializing. Participants improve and/or maintain their mobility and independence through participation in the Bingocize program.

# AGRICULTURE & NATURAL RESOURCES



In collaboration with the Nicholas County Soil Conservation, soil samples brought into the office from producers are tested at the University of Kentucky to assist Nicholas Countians in making decisions that will improve and ensure quality crops for the upcoming growing season. Soils brought in for testing included garden, alfalfa, grasses, corn, soybean and tobacco soils. Soils are tested for pH, P2O5 and K2O. Benefits of soil testing include the specific reporting allows producers to make timely decisions on amendments in their soils to ensure the correct amount of lime, potash and/or phosphate into their ground for their crops.



With limited access to fresh fruits and vegetables due to the loss of our community's only grocery, a community seed giveaway was held to help alleviate the issue. Sixty garden starter seed bags were given out in the early spring of 2023 allowing citizens to gain experience and receive education on starting a garden. Bags included sweet corn, beans, turnip, lettuce, cucumber, summer squash, tomatoes, watermelon, and cantaloupe. Each bag also included what each seed was, how long it would take to mature, the "Grow Your Garden" Calendar, and the best ways to raise and take care of the plant. SNAP recipe cards that aligned with the produce grown were al included to promote healthy eating.

## IMPACT SNAPSHOT

63

Soil Samples  
collected and  
tested

60

Garden Seed  
Starter packs given  
away

## EDUCATION OFFERED TO PRODUCERS

BQCA- Beef Quality Care Assurance

- This program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence through content ranging from herd health to record keeping.

PPAT- Private Pesticide Applicator Training

- This program allows producers to gain knowledge and expertise, as well as gain certification for use of pesticides that they may apply.