



NICHOLAS COUNTY 4-H NEWSLETTER

Read
NOW!

September 2025



Martin-Gatton
College of Agriculture,
Food and Environment

**"To Make the
Best Better"**

September marks the start of a brand-new 4-H program year, and it's the perfect time to get involved! Whether you're a returning member or brand new to 4-H, this year brings fresh opportunities to learn, grow, and make lasting memories

4-H offers something for everyone—hands-on projects in areas like cooking, photography, livestock, sewing, nature, and leadership. We hope that you will re-enroll this year and share the good news about 4-H with your friends.

In addition to our returning clubs, we will be adding two additional clubs this year- Poultry and TradeWorks. Poultry Club members will learn hands-on skills like raising and showing chickens, egg production, and poultry care, while also gaining responsibility and leadership experience. You don't have to own chickens to join—just bring your curiosity and interest in learning! Our 4-H TradeWorks Club will be focused on our high school age kids interested in entering a trade after high school. Maybe you're interested in plumbing or welding—this club will allow members will learn practical skills, meet local professionals, and discover exciting career pathways in high-demand fields.

Lastly, we want to wish our 4-H Shooting Sports kids the best of luck at the 2025 State Shooting Sports Competition.



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Ashley H. Vice

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.



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Join Kentucky 4-H!

**2025-2026 ENROLLMENT
BEGINS SEPTEMBER 1ST, 2025**

Kentucky 4-H Youth develop
essential life skills, gain hands-on
learning, and become an active
member of their community!

Contact your local county extension office to find
out how to enroll your child!

An Equal Opportunity Organization.

*Friendly reminder to
fill out your
enrollment form each
year. Re-enrollment
is required for
returning members.*



STATE FAIR RESULTS



- Katy Coburn- Photography-Leadership
- Clay Earlywine-Photography-Pet
- Haileigh Mitchell-Photography-Insect
- Haileigh Mitchell- Photography-Family
- Haileigh Mitchell-Photography-Careers in Health
- Haileigh Mitchell- Food Preservation-Dill Pickles
- John Yazell-Country Ham Project and Speech
- Dawson Price-Country Ham Project and Speech
- Callie Linville- Country Ham Project and Speech
- Annslee Price- Country Ham Project and Speech
- Sadie Vice-Country Ham Project and Speech
- Caleb Broderick-Country Ham Project and Speech
- Sydney Fugitt-Country Ham Project and Speech
- Lesleigh Fugitt- Country Ham Project and Speech
- Quinn Linville-Country Ham Project and Speech
- Weslee Hardin-Country Ham Project and Speech
- Gabe Sadler-Country Ham Project and Speech
- Becca Bromagen-Country Ham Project and Speech



- EllaKate Cook- Photography-4-H Event
- Clay Earlywine-Art- Pencil Drawing
- Clay Earlywine-Photography-Wildlife
- Clay Earlywine- Horticulture Photography
- Clay Earlywine-Home Environment- Sewn Dog Bed
- Samantha Guerrero-Photography-Water
- Cody Jeter-Heritage Arts-Painted Gourd
- Haileigh Mitchell-Entomology- Honey
- Haileigh Mitchell-Photography-Native Plants
- Haileigh Mitchell-Photography-Expressive Arts
- Annslee Price-Art- Abstract
- Annslee Price- Food Preservation-Dried Apples
- Annslee Price-Food Preservation-Strawberry Jam
- Bre Price- Home Enviroment-Tie Blanket
- Brantley Sadler- Country Ham Project and Speech
- Jackson Price-Country Ham Project and Speech
- Katy Coburn-Country Ham Project and Speech
- Haileigh Mitchell-Country Ham Project and Speech



- Amanda Guerrero-Photography-Patterns
- Haileigh Mitchell-Art-Acrylic Painting
- Haileigh Mitchell-Photography-Farm Equipment

Good Luck!

4-H SHOOTING SPORTS AT STATE COMPETITION!!!



Kason Berry
Archery
Air Pistol



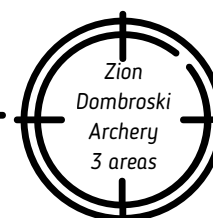
Emma Burton
Archery
Air Pistol



Gabe Sadler
Archery
.22 Pistol



Katy Coburn
Archery
.22
Air Pistol



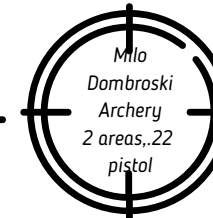
Zion
Dombroski
Archery
3 areas



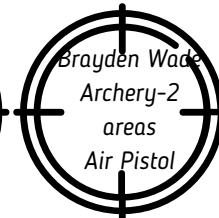
Tessa
Stoddard
Archery, .22,
Air Pistol



Amos
Dombroski
Archery
3 areas



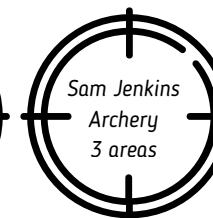
Milo
Dombroski
Archery
2 areas, .22
pistol



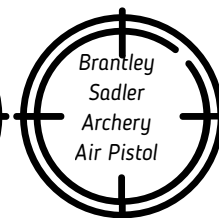
Brayden Wade
Archery-2
areas
Air Pistol



Hunter
Jenkins
Archery
3 areas



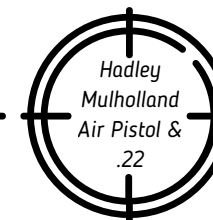
Sam Jenkins
Archery
3 areas



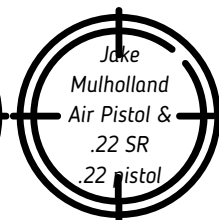
Brantley
Sadler
Archery
Air Pistol



Haileigh
Mitchell
Air Pistol &
.22



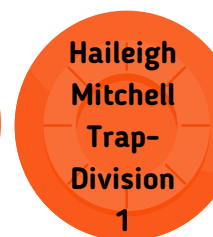
Hadley
Mulholland
Air Pistol &
.22



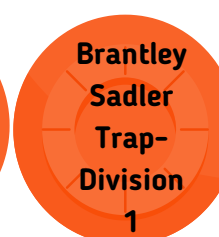
Jake
Mulholland
Air Pistol &
.22 SR
.22 pistol



Katy
Coburn
Trap-
Division
2



Haileigh
Mitchell
Trap-
Division
1



Brantley
Sadler
Trap-
Division
1

AG ADVENTURE

Join to learn more about:

- Harvest and Soil Detectives
- Barnyard Animals
- Seeds and Sprouts
- Farm Machinery Safety
- and all things AGRICULTURE

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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40506

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

Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky

NICHOLAS COUNTY 4-H LIVESTOCK



JOIN US

BEGINS IN
OCTOBER!
6:00P.M.
TUESDAYS

**No Animal
Required!
At Livestock
Barn**



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4-H POULTRY CLUB



Experience the fun of
raising and caring for birds
while learning valuable
skills!



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6-8 year olds
Space is LIMITED!
Sign up NOW!

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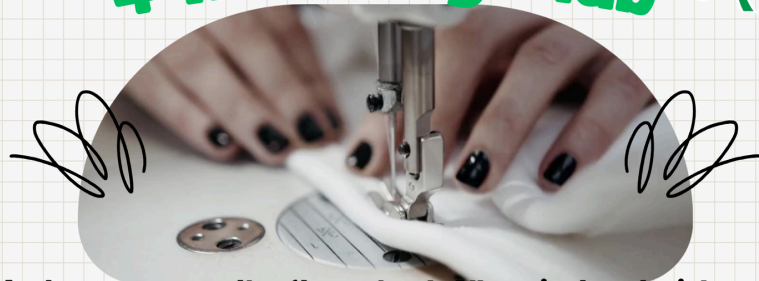
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Scan now to enroll!

GROWING
KENTUCKY 4-H

4-H Sewing Club



Meets once a month after school. All project materials and supplies are provided for FREE! Must be 9 years of age or older

A-H COOKING CLUB

GROWING
KENTUCKY 4-H

Love food and fun? Join our 4-H Cooking Club! Youth learn kitchen skills, explore healthy recipes, and gain confidence while whipping up tasty creations. It's a great way to build lifelong skills and friendships—one recipe at a time, all while also learning to give back to those less fortunate!

NATURE CLUB

Join Us Discover the wonders of the outdoors by joining the 4-H Nature Club, where you'll explore wildlife, plants, and the environment through hands-on adventures!

4-H HORSE CLUB

If you love horses, the 4-H Horse Club is the perfect place to learn more about caring for horses, breeds, and safety while making friends who share your passion!

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GROWING
KENTUCKY 4-H

PHOTOGRAPHY Club

No camera is required BUT if you have one, please bring it or a cell phone.
Meetings will be at the office.

September 24th Lightbox Photography	January 12th Portraits and Backdrops
November 11th Career Photography	February 9th Scenic Photos
December 8th Holiday Lights Photography	March 16th Photography Field Trip

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REGISTER NOW

Teen Club

MIDDLE AND HIGH SCHOOL STUDENTS WELCOME!

1st Half of each meeting will focus on one of building your skills for the future:

- Stress Management
- Resumes/Apps
- Interview Skills
- Soft Skills

Beyond Ready

2nd half of each Meeting will focus on team building and FUN!

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FUTURE READY WITH

18 USC 707

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STRUM AND GROW 4-H GUITAR CLUB

DATES WILL BE SENT ON GROUPME | OPEN TO AGES 9-18 | SPACE IS LIMITED

Afterschool until 4-30 p.m. at the Neal Building

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4-H TRADEWORKS CLUB

Beyond Ready

PLUMBING ELECTRICAL CARPENTRY WELDING HVAC

CALLING ALL HIGH SCHOOL STUDENTS AGED 14-18 INTERESTED IN PURSUING CONSTRUCTION TRADES AFTER GRADUATION. EACH MONTH WILL FOCUS ON A TRADE WITH LEARNING OPPORTUNITIES AVAILABLE TO HELP YOU DECIDE THE PATH BEST FOR YOU!

EXPOSURE TO HIGH-DEMAND CAREERS IN CARPENTRY, HVAC, ELECTRICAL, PLUMBING, AND WELDING.

LEARN ABOUT APPRENTICESHIPS, CERTIFICATIONS, AND CAREER PATHWAYS.

CONNECT WITH LOCAL PROFESSIONALS AND MENTORS IN THE TRADES

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YOUTH

HEALTH BULLETIN

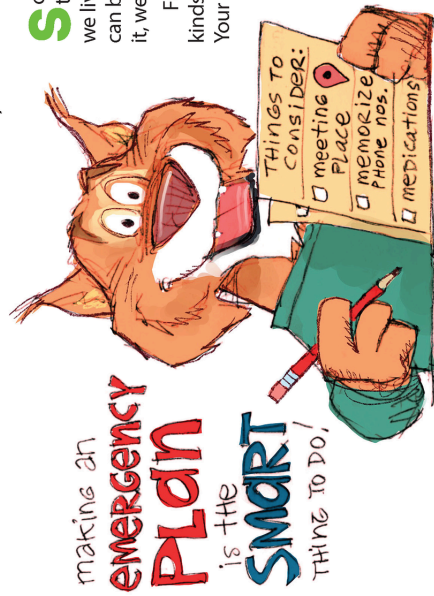


SEPTEMBER 2025

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

THIS MONTH'S TOPIC BE PREPARED, NOT SCARED!



Sometimes emergencies like floods, tornadoes, or storms can happen where we live. These are called natural disasters. They can be scary, but if we make a plan and practice it, we'll know what to do and feel a lot safer.

First, talk with your family about what kinds of disasters might happen in your area. Your parents or caregivers can help explain these. Then, help make a family plan. Your family should choose two places to meet if you can't stay at home. Pick one close to your house and another farther away. This could be a friend or family member's home in another town.

It's also important to know how to contact your family. Memorize your home phone number or the phone number of your parents or caregivers.

Continued on the next page

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Disabilities
accommodated
with prior notification.

If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Continued from the previous page

It's also important to know the number of someone you trust who doesn't live nearby. If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Your family can also make emergency kits. These are backpacks or totes with things you might need if you can't stay at home or if the power goes out for a long period of time. They should have water, food and snacks, a flashlight, extra batteries, a first-aid kit, warm clothes, and something that brings you comfort, such as a stuffed animal or book. Don't forget pets. They need food and supplies too! If someone in your family needs extra help — like a grandparent or someone who takes medicine — your plan should make sure they are safe too.

Once you make a plan, practice it! Pretend there's an emergency and walk to your meeting spot or try using your emergency kit. Practicing helps you remember what to do and makes everything a little less scary. Finally, make sure your family checks your emergency supplies a couple of times a year to keep everything fresh and ready.

You likely already follow the plan your school has in place for these emergencies. You should also talk about that plan with your parents or caregivers. They should know where your school tells students to meet during drills when you exit the school



building. They should know how the school updates parents if plans change quickly. This can also help you feel safe knowing your grown-ups will know what to do if there is an emergency at school. Being prepared is a smart and brave thing to do, and it helps keep everyone safe!

REFERENCE:
<https://www.ready.gov/september>

Can you unscramble these words?

RAWET: _____
CANSSK: _____
THGSHLFILA: _____
ATEBISETR: _____

ANSWERS: WRITE SNACKS FLASHLIGHT BATTERIES

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alyssa Simms

Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences



14	15	16	17	18
State Trap Competition			17 Photography Club	
21	22	23	24	25
		23 Sewing Club		25 Area Tee cil Meeting i Fayette Cou
28	29	30		
		30 Cooking Club		



Broccoli Grape Pasta Salad

¾ cup diced pecans	2 cups seedless red grapes	¾ cup low-fat mayonnaise
8 ounces whole grain pasta (bow tie or other type)	1 pound fresh broccoli	¼ cup honey
5 slices turkey bacon		½ cup diced red onion
		½ cup red wine vinegar

Preheat oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

Yield: 16, ½ cup servings

Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



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

