



NICHOLAS COUNTY 4-H NEWSLETTER

Martin-Gatton
College of Agriculture,
Food and Environment

**"To Make the
Best Better"**

**Read
NOW!**

December 2025/January 2026

Agent's Message

As we head into the busy holiday season, be sure to take a moment to read through our 4-H newsletter! It's the best way to stay updated on all the exciting club meetings and activities scheduled for December and January.

Inside, you'll find important dates, project highlights, reminders, and opportunities your 4-H'ers won't want to miss. Whether you're planning for winter activities or looking for ways to stay involved during the colder months, the newsletter has everything you need to keep your family in the loop.

Take a look and stay connected—there's so much fun on the way!

SAVE 	4-H SUMMER CAMP
JULY 6-9 2026	THE
DATE	BOURBON COUNTY ANDERSON COUNTY NICHOLAS COUNTY



Shelby Cleaver
ANR/4-H Agent
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-289-2312
shelby.cleaver@uky.edu

Shelby Cleaver



Ashley Vice
County Extension Agent for PCS/4H
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-473-4452
ashley.vice@uky.edu

Ashley A. Vice

Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

2026 4-H Country Ham Project

SIGN-UP TODAY!



Don't miss your chance to be part of the 4-H Country Ham Project! Sign up now to cure your very own country ham, learn traditional skills, and enjoy a one-of-a-kind experience from start to finish. Spots fill fast—get your name on the list today!

COST: \$75- 2 Hams for Curing

Contracts and payment due December 5th by 4:30 p.m.

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December 11th and January 15th
at the Office
Afterschool until 4:30 p.m.



Upcoming Meeting Topic:

Feathers, Beaks, and Superpowers - Go through basic body parts and what they do. Let the kids feel real feathers, compare comb shapes, and learn how chickens see and hear better than we do.

Check GroupMe for next club meeting date!!!

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Nicholas County
University of Kentucky
College of Agriculture, Food and Environment

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

NICHOLAS COUNTY
4H LIVESTOCK



JOIN US

**NOW MEETING
JUST ONCE
MONTHLY**

**No Animal
Required!
At Livestock
Barn**

**WATCH GROUPME FOR
CLUB DATES**



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CLVERBUDS

Next Meeting:

**December 15th and January 5th
afterschool in
NCES Cafeteria until 4:30 p.m.!**

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NATURE CLUB

DECEMBER 18TH

AFTERSCHOOL AT THE OFFICE

JANUARY 22ND

AFTERSCHOOL AT THE OFFICE



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4-H TEENS

Ice Skating Event

Kick-off your Holiday Break with 4-H and sign-up to attend our Ice Skating Trip on December 19th!

19
DECEMBER,
2025

We will leave from NCMHS-Time TBD

SAVE YOUR SPOT NOW ▶

middle & HIGH SCHOOL 4-H OPPORTUNITIES

4-H Teen Corner

MIDDLE AND HIGH SCHOOL STUDENTS WELCOME!
DECEMBER 19TH AND JANUARY 16TH

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!

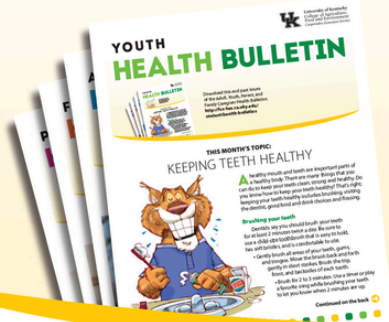
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YOUTH HEALTH BULLETIN



DECEMBER 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 St.
Carlisle, KY
40311
(859) 289-2312

THIS MONTH'S TOPIC

STAYING ACTIVE OVER HOLIDAY BREAKS

The holidays are a great time to relax, but it is also important to stay active and keep your body moving! Being active helps boost your energy, mood, and overall health, even when school is out. There are many fun ways to stay active over the holiday break without it feeling like work.

1. Go for family walks or hikes.

Get outside and explore! Walk around your neighborhood to see the holiday lights or visit a park or nature trail. To make it more fun, try a scavenger hunt—look for cool decorations, animal tracks, or winter plants along the way.

Continued on the next page ➔



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Staying active will help you feel better, have more fun, and start the new year strong.

➔ Continued from the previous page

2. Play active games indoors.

If the weather is bad, you can still move around inside. Play games like freeze dance, Simon Says, or balloon volleyball. You can even build an indoor obstacle course or fort with pillows, chairs, and blankets for a fun challenge.

3. Help with holiday chores.

Staying active does not always mean exercise! Decorating, cooking, cleaning, or shoveling snow can all get your body moving. Plus, when everyone helps, holiday gatherings can go more smoothly.

4. Enjoy winter sports.

When winter weather strikes, take advantage of it! Try sledding, ice skating, skiing, or building a snowman. You will have fun and get great exercise without even realizing it.

5. Dance to holiday music.

Put on your favorite songs and have a dance-off with your family or friends! Dancing is a great way to get your heart pumping while spreading holiday cheer. Make a household playlist of holiday tunes or favorite dancing songs.



6. Visit community centers or recreation programs.

Check out what is happening at your local YMCA, gym, or recreation center. Many places offer open gym times, swimming, or fun winter camps where you can stay active and meet new people.

7. Take screen breaks.

It is easy to spend hours watching movies or playing video games during holiday breaks. Try setting a goal to move after each show or game—stretch, walk around, or do a few jumping jacks to get your blood flowing.

The holidays are also a great time to try something new! Ask other family members, friends, or neighbors what they like to do to be active. Maybe you enjoy yoga, martial arts, or even bowling. Whatever you choose, staying active will help you feel better, have more fun, and start the new year strong.

REFERENCE:

<https://www.dhs.gov/employee-resources/news/2020/12/08/family-fitness-during-holidays>

Written by: Katherine Jury, Extension Specialist for Family Health

Edited by: Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension





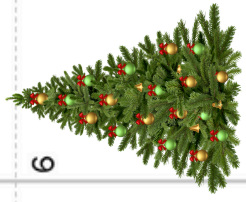











Designed by: Rusty Manseau, Senior Graphic Artist

Cartoon illustrations by: Chris Ware
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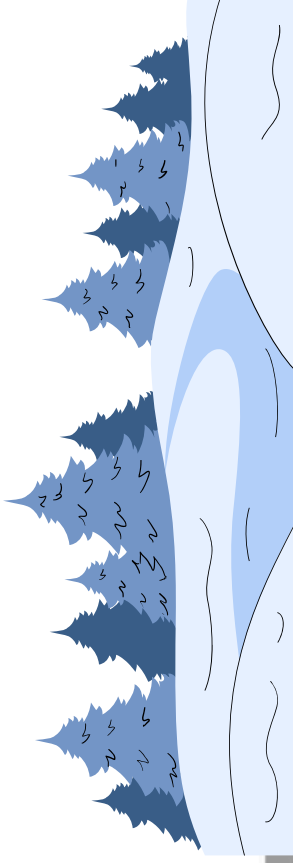


December 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 	3	4 Horse Club 	5 Country Ham Deadline 	6 
7	8 Photography 	9	10 	11 Ag Adventure 	12	13
14	15 Cooking Club Cloverbuds 	16 Sewing Club 	17	18 Area Teens in Nicholas County Nature Club 	19 Teen Club-Ice Skating Trip 	20
21	22 	23 	24	25	26	27 
28	29 Extension Office Closed December 24th— January 2nd	30	31	Extension Office Closed December 24th— January 2nd 		

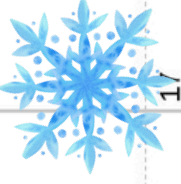
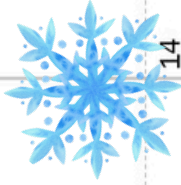
January 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Cloverbuds	6	7	8 Horse Club	9 Cooking Club	10
11	12 Photography	13	14	15 Ag Adventure	16 Teen Club	17
18	19 Country Ham Cur- ing Day	20 Sewing Club	21	22 Nature Club	23	24
25	26	27	28	29	30	31



WINTER





Cushaw Pie

2 cups cooked and mashed cushaw squash	½ cup brown sugar	½ teaspoon nutmeg
¼ cup butter	2 eggs	¼ teaspoon ground cinnamon
¼ cup sugar	1 teaspoon lemon extract	1 9-inch graham cracker pie shell
	1 teaspoon vanilla extract	

1. To prepare squash: Wash and remove rind from the squash. Cut flesh into 1 inch squares.

Steam squash cubes until tender. Drain and mash.

2. Preheat oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.

3. Pour mixture into pie shell.

4. Bake 15 minutes at 400° F.

5. Reduce oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

Yield: 8 slices

Nutritional Analysis: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33 g carbohydrate, 1 g fiber, 3 g protein.

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

