



NICHOLAS COUNTY 4-H NEWSLETTER

Read
NOW!

October 2025

Martin-Gatton
College of Agriculture,
Food and Environment

**"To Make the
Best Better"**

Hello, October! The new program year is in full swing with clubs meeting and positive youth development. Be sure to check out the dates in this month's newsletters so you don't miss a club meeting. Also, we want to remind parents to download the GroupMe app on either the Google Play Store or Apple to stay in the know with all things 4-H. Also, in this newsletter, please be sure to check out our article about the 4-H Shooting Sports team and their successes during the 2025 State Competition. The progress that our youth have made is amazing and all thanks to our wonderful group of volunteers that support all of our youth and want to see each of them succeed.

To the right, you will see the flyer for our 3rd Annual Fall Festival. We want to invite you and your family out for a FREE event and meal. We will spotlighting our 4-H Country Ham project in a comforting bowl of soup beans served with cornbread. There will be giveaways and inflatables for the kids too! Grab your kids from school and head on out for an evening of fun. It will also be the perfect time to grab a country ham for the holidays at our 4-H Country Ham Auction.

Lastly, October is Lung Health Month. Please join us on October 16th for an event focused on breathing easier. HMH and their pulmonologist will be on site, a free meal, and the Kentucky Cancer Program will also be on site. Spread the word and join us!



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

AG ADVENTURE

**MEETS OCTOBER 9TH
AFTER SCHOOL AT THE
OFFICE UNTIL 4:30 PM!**

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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University of Kentucky.

NICHOLAS COUNTY 4-H LIVESTOCK



JOIN US

**WATCH FOR
DETAILS!
6:00P.M.
TUESDAYS**

**No Animal
Required!
At Livestock
Barn**



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Beyond
Ready

4-H POULTRY CLUB



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



MORE DETAILS COMING SOON!

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**First Meeting:
October 20th afterschool in
NCES Cafeteria until 4:30 p.m.!**

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GROWING

KENTUCKY 4-H

4-H Sewing Club



October 14th at the Office from 1 p.m.- 3 p.m.
Hang out with us for Fall Break and make a applique sweatshirt!



A-H COOKING CLUB

SPEND FALL BREAK WITH US!

Next Meeting:

October 13th
Topic: Dips and Chips
3-4:30PM AT THE BARN

Be sure to RSVP to the Group
Me when it comes out to
secure your child's spot!



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!

October 2nd at Office after school until 4:30 p.m.




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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!

1st Meeting: October 23rd
After school at the office until 4:30 p.m.





GROWING

KENTUCKY 4-H

PHOTOGRAPHY

NO CAMERA REQUIRED BUT if you have one, please bring it or a cell phone.

Meetings will be at the office.




JOIN NOW

September 24th
Lightbox Photography

November 11th
Career Photography

December 8th
Holiday Lights Photography

January 12th
Portraits and Backdrops

February 9th
Scenic Photos

March 16th
Photography Field Trip

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REGISTER NOW

NICHOLAS COUNTY 4-H SHOOTING SPORTS HAS FANTASTIC WEEKEND AT STATE COMPETITION



Members of the Nicholas County 4-H Shooting Sports Club showcased their talent and hard work at the 2025 Kentucky 4-H State Shooting Sports Competition, bringing home top finishes across multiple disciplines. With more than 1,000 4-H'ers from across Kentucky's 120 counties competing, we are so proud of our 15 members who stepped up to the challenge of participating in the state competition.

In the archery events, Hunter Jenkins had an outstanding day, tying for 4th place in Target Compound Bow (age 9-11) and earning a top 10 finish in Bare Recurve Bow. His brother, Samuel Jenkins, also earned the 1st place spot for Bowhunter archery, as well as placed in the top 10 for Target Compound Bow (age 12-14).

The Dombroski family made a strong showing as well. Zion Dombroski earned 1st place in Target Recurve Bow (age 9-11), 1st place in Compound Bare Bow (age 9-11), and added a 5th place finish in Bare Recurve Bow. His brothers also excelled: Amos Dombroski secured top 10 placements in both Bare Recurve Bow and Target Recurve Bow (age 12-14), while Milo Dombroski placed in the top 10 for Bare Recurve Bow (age 15-18).

Brayden Wade joined Amos in the top 10 for Bare Recurve Bow (age 12-14), rounding out a strong performance in archery for the team.

In the rifle and pistol categories, competitors also stood out. Haileigh Mitchell placed in the top 10 for .22 Rifle Sport (age 9-11). Jake Mulholland tied for 5th in .22 Rifle Sport (age 12-14) and earned 4th place in .22 Pistol. His sister, Hadley Mulholland, also excelled, finishing 4th in Air Pistol (age 9-11).

Trap shooting brought another major highlight. Katy Coburn delivered a near-perfect performance, shooting 25 straight targets and capturing 2nd place in the state for Trap Level 2 (age 9-11) with a score of 47 out of 50.

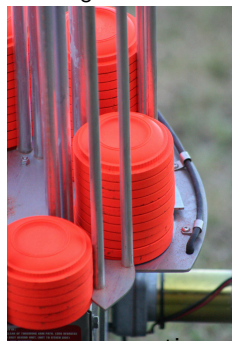
We also want to congratulate Tessa Stoddard, Gabe Sadler, Brantley Sadler, Kason Berry, and Emma Burton for their participation at state. Their hard work, dedication, and willingness to challenge themselves are accomplishments in their own right. Each of these youth has demonstrated tremendous growth in their skills, confidence, and sportsmanship. The progress they have made through practice and competition is something to be celebrated, and they are an important part of the continued success of our 4-H Shooting Sports program.

Our young people put in countless hours of practice and their results speak for themselves. We are proud not only of their accomplishments on the range but also of the sportsmanship and teamwork they demonstrated throughout the competition. The 4-H Shooting Sports Club is truly a family where every person involved is cheering each other both on the line and in life.

None of these accomplishments would be possible without the dedication of our 4-H volunteers and coaches. These individuals devote countless hours—without pay—to training, mentoring, and encouraging our youth. Their commitment not only builds strong shooting skills but also instills confidence, discipline, and responsibility in our 4-H members. The growth and success of our Shooting Sports Club is a direct reflection of their passion and generosity, and we are deeply grateful for all they give to our young people. Holding practices after long days at work, mowing the range, organizing enrollments, and the list goes on—THANK YOU is not enough for the following individuals who pour into our kids:

Mike, Kami, and Kyle Saunders
Shannon and Matt Cohorn
Ryan and Kayla Coburn
Paul Mann
Allen Berry
Larry Berry
Dustin Mitchell

The Kentucky 4-H Shooting Sports program continues to build confidence, responsibility, and skill in youth across the state, and this year's results highlight the dedication and talent of local participants.



Breathe Easier: Lung Health Education Event



Join guest speaker, Dr. Srinadh Annangi, Pulmonologist at Harrison Memorial Hospital, as he discusses the lung cancer screening program and diagnostic capabilities at HMH, along with other important information about lung health.

The Kentucky Cancer Program will be on hand with their inflatable lung to offer education and resources. HMH will provide a lung cancer screening questionnaire to all participants. A free meal will be provided.

Date: Thursday, October 16, 2025

Time: Doors open at 5:30 pm; Speaker begins at 6:00 pm

Location: Nicholas County Livestock Barn

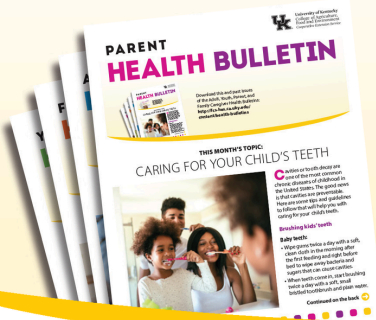
Please register by scanning the QR code below or by calling (859) 289-2312.



Sponsored by:

Harrison Memorial Hospital
Nicholas County Extension Services
UK Markey Cancer Center Affiliate Network
Kentucky Cancer Program

PARENT HEALTH BULLETIN



OCTOBER 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)

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THIS MONTH'S TOPIC

SETTING BOUNDARIES AROUND TECHNOLOGY



We live in a world that is seemingly connected by screens — and today's kids are growing up in it. It is essential to discuss technology as a family and teach children and teens how to use it safely and responsibly. As children age and have more opportunities to interact online and in virtual settings, we want them to be able to navigate it well.

Children need to know that once something is shared online — like a message, photo, or video — it might stay there forever. This means we need to think carefully before posting or sending anything. Set clear rules together about what is OK to share and what isn't. For example, you can say, "We don't

Continued on the next page ➔

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Setting time limits on screens helps children find balance and protects their mental and physical health.

➔ Continued from the previous page

send pictures of ourselves in pajamas or swimsuits,” or “Never share your name, address, or school online.”

It’s also key to help kids know who they can turn to when something doesn’t feel right. Help them identify trusted adults — such as parents, grandparents, teachers, or other grown-ups — who they feel safe talking to. Encourage them to speak up if they see something upsetting or confusing online. Let them know it’s always OK to say, “This made me feel weird,” or “Can we talk about this?” Tell kids that they will not get in trouble for reporting a person, video, or website that they see online. Instead, you want them to come to you or another adult if they see something bad or inappropriate.

Tips for setting screen time limits

Setting time limits on screens helps children find balance and protects their mental and physical health. Try these tips:

- Set a daily screen time rule, like “No more than one hour of tablet time on school nights.”
- Keep screens out of bedrooms at night. Try charging phones and tablets in the kitchen or another shared space.
- Use a timer or device settings to help kids know when screen time is over.
- Schedule screen-free times, like during family meals or one hour before bed.
- Encourage other fun activities — like playing outside, drawing, or reading a book.

Make sure the screen time rules apply to everyone in the family. Children are more likely to follow the rules if they see adults following them as well.

Create a family tech agreement

One great way to set boundaries is to create a family technology agreement. This is a list of rules everyone agrees to follow when using phones, tablets, computers, or TVs. You can write it together and even have everyone sign it.



Some ideas to include:

- I will always ask a parent before downloading a new app or game.
- I will never talk to strangers online or in a game.
- I will ask permission before posting pictures of others.
- I will not share my passwords with anyone except my parents.
- I will take breaks when asked and stop using screens when it’s time.
- I will come to a trusted adult if something online makes me feel scared or confused.

Place the agreement in a visible location, such as on the fridge or near the charging station. Review it every few months as your child grows and develops.

SOURCE:

https://www.dhs.gov/sites/default/files/2025-05/25_0527_K2P_Have-the-Talk.pdf

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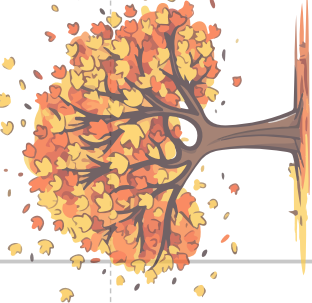
Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



October 2025

Sun	Mon	Tue	Wed	Thu	Fri
			1	2 Horse Club 	3 
4			8	9 Ag Adventure 	10 
5	6 4-H in the 4th Grade Classroom 	7	15	16	17
12	13 Cooking Club 3-4:30 p.m. 	14 Sewing Club 1 p.m.—3 p.m. 	Nicholas County Schools Fall Break		
19	20 Cloverbuds 	21	22	23 Nature Club 	24
26	27	28	29	30 	31 Happy Halloween! 



Potato Broccoli Soup

4 cups cubed potatoes
2 heads broccoli,
 (3-4 cups florets)
2 tablespoons olive oil
¼ cup all-purpose flour
⅓ cup melted butter

3 cups 2% milk
¼ teaspoon salt
½ teaspoon pepper
5 ounces cheddar
 cheese, reduced-fat,
 shredded

2 green onions, finely
 minced, divided
½ cup reduced-fat
 sour cream
¼ cup bacon bits
 (optional)

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1¼ cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.