



MARTIN COUNTY 4-H

April Newsletter

UPCOMING 4-H EVENTS:

- 4/3 - Pollinator Container Garden
- 4/9- Learning Bus
- 4/9- IES Afterschool
- 4/10-Conservation Science Day
- 4/22-4/26 Earth Week
- 4/23-Learning Bus
- 4/23-IES Afterschool
- 4/25-MCHS Reality Store
- 4/26-EES Kindergarten Community Field Trip

Hey 4-Her's!

March was packed with exciting adventures of field trips, fun activities for Agriculture Week, and awesome new programs at our middle school. April is going to be even more amazing!

We've got tons of cool stuff planned for you this month:

- We're going to learn all about pollinators and even get our hands dirty creating our own pollinator garden.
- The Head Start learning bus is coming to visit us! Get ready for some fun, and networking for parents.
- High schoolers will be experiencing the Reality Store, where they'll learn all about managing money.
- Our 4-H Assistant Nicole and Staff Assistant Teresa are going to a conference to learn new things to serve you even better!
- Kindergarteners are going on a special trip into our community to learn about all the cool things around us, including a stop at Extension.
- Earth Day is coming up, so we'll be celebrating our planet and learning how to take care of it.
- Conservation Science Day will be a great day of learning and fun.
- And get ready because we're gearing up for our awesome Summer Vendor Market 4-H Fundraising Event In May

It's going to be an action-packed month, so let's get ready to have some fun and learn lots of great things together!

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March Programs and Activity Highlights



Embryology Projects at the Elementary Schools are in Full Swing, Here you see Cloverbud Kylee holding her newly hatched Chick! This project teaches not only how chicks are hatched, but kindness towards animals, how to properly handle and care for poultry and can lead to numerous 4-H projects when the students become 4-H age.

Our first field trip post COVID was Eden Elementary 3rd Graders on March 26th! The students had a great time with learning plant anatomy, then using what we learned to become “Budding Botanists” to identify and classify fruits and vegetables! We then had some fun and practiced our knife skills cutting them up!

We had a physical fitness station, a STEM station and a Greenhouse station, where students put together circuits, played with the parachute, and planted flowers to take home.

Our 1st graders enjoyed their day as well, following the 3rd graders on March 27th.

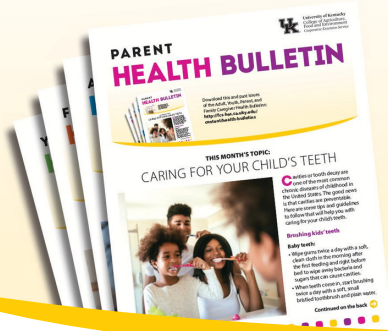
If you are interested in an educational field trip to our office, please call 298-7742!

We would love to have you!



PARENT

HEALTH BULLETIN



APRIL 2024

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

THIS MONTH'S TOPIC EYE SAFETY FOR EVERYONE



our child's eye health affects how well they can see, learn, and enjoy life. You can help protect your child's eyes and their developing vision by making healthy choices with their eyes in mind. The Centers for Disease Control and Prevention recommends the following as ways to protect and maintain eye health for kids.

- **Eat well:** Vegetables and fruit contain minerals and vitamins your kids need for healthy eyes and vision. Eating a wide variety of fruits and vegetables helps kids get the amount of vitamins that they need. Encourage your family to "eat the rainbow" by including different colors of fruits and vegetables in their meals each day.

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Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.

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- **Limit screen time:** Limit screen time each day to 30 minutes or less of non-educational screen time. Also, have your child take frequent breaks when using any type of digital device. Taking frequent breaks is also a good habit to have when doing other kinds of near-vision activities that need concentration, such as drawing, writing, and reading.
- **Get enough sleep:** Our bodies, including our eyes, require sleep to heal and recharge. Not getting enough sleep can keep your child's eyes from healing from everyday eye strain and irritants. They need time to heal from allergens, pollutants, and dry air.
- **Spend time outdoors:** Many children spend hours each day doing near-vision activities, such as reading, writing, and using computers or tablets. Just like other muscles in the body, our eye muscles need time to relax. Going outside allows children's eyes to look at objects in the distance, which gives them a break. Playing outdoors also helps kids be physically active, improve coordination, and get essential vitamin D from the sun.
- **Wear sunglasses:** Protect your eyes from the sun while enjoying the health benefits of spending time outdoors. Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.
- **Use protective eyewear:** You can prevent most eye injuries by wearing protective eyewear, such as glasses or goggles. If your child is involved in sports or other activities, make sure they protect their eyes to avoid serious injury.
- **Get regular exams:** Eye screenings are a part of regular well-child exams. Your child's doctor will continue to check their vision through each stage of development. Based on your child's screening and family history, your child's doctor may recommend a formal eye exam by an optometrist, a doctor who specializes in eye care.



You can treat common eye discomforts by rinsing out the eyes with water or applying a cold compress, but always consult a doctor if you think your child's eyes may be injured. If your child gets chemicals in their eye, such as cleaner or battery acid, begin flushing it out immediately, for 10 minutes. Follow up immediately with a doctor. If a large object gets stuck in your child's eye, such as a stick or pencil, do not try to pull it out. Get medical help immediately to reduce the amount of trauma to the eye and socket.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/vision-health-children.html>

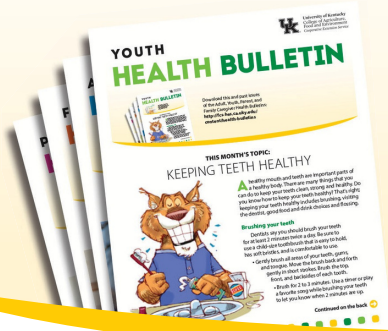
ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
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Stock images:
Adobe Stock



YOUTH

HEALTH BULLETIN



APRIL 2024

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

THIS MONTH'S TOPIC

WATCH OUT FOR EYE INJURIES

Your eyes are very small part of your body. But they perform a BIG job – helping you see! Do you know how to keep your eyes healthy? Taking care of your eyes includes being active, eating a lot of different fruits and vegetables, washing your hands before putting them near your eyes, and wearing goggles or glasses during sports or science class. Wearing sunglasses when you're outside also protects your eyes. Your doctor will check your eyesight from time to time to make sure you can see well. You might also visit an eye doctor, called an optometrist or ophthalmologist.

Sometimes, you can still have an accident, even when you are trying to be careful. Do you know what to do if your eye gets hurt or you get something in it?

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If your eye socket is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

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It is important for you to learn what to do if your eye gets hurt, so you can act fast and get help. Anytime you or someone else gets hurt, the first thing to do is find an adult who can help. An adult can help decide if an injury is serious enough to go to the doctor or if you can treat it at home.

A common eye injury in kids is getting hit in the eye with a rock, ball, or someone's elbow. If it is your eye socket (the area around your eye) that is hurt, put something cold on the whole eye area for 15 minutes to help the pain and swelling go down.

It is also common to get tiny bits, like dust or sand, in your eye. It can hurt and make you want to rub your eyes to get it out. Instead, wash your eyes out with water. Splash water into your eyes several times to try to get all the dirt out. You might have to wash your eye out more than once. It might be several more minutes before your eye starts to feel better.

PROMPT
Response
is VERY
important!



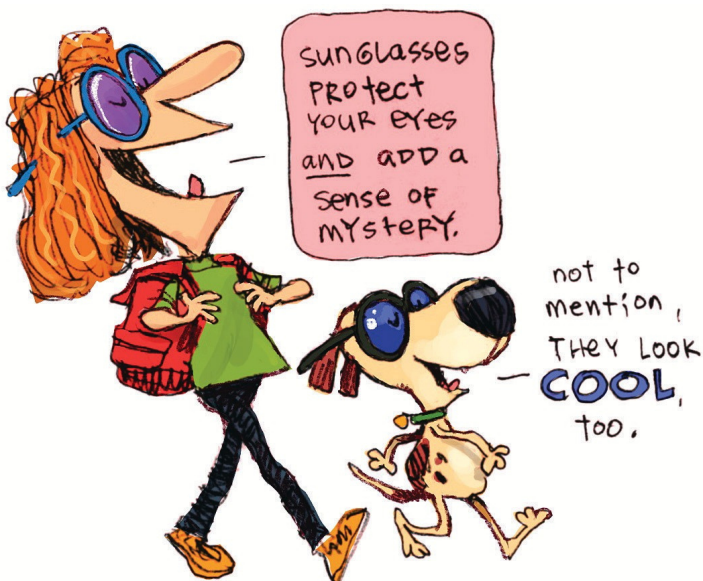
If you ever get chemicals in your eye, like a cleaner, battery acid, or ingredient from a science experiment, wash your eye out right away. Tell an adult. In this case, you need to go to a doctor to make sure your eyeball, eyelid, and socket are all OK. They may also give you eye drops to help.

If an object like a stick or pencil gets stuck in your eye, do not pull it out. Do not put any pressure on the object because it might go in further. An adult will need to take you to the doctor right away for help getting it out and not doing more damage to your eye.

Your eyesight is important to protect! Knowing what to do in case of an eye injury can help you be prepared and keep safety in sight.

REFERENCE:

<https://newsinhealth.nih.gov/2019/10/eye-safety-tips-kids>



ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)



Rescheduled to April 3rd



Registration Required

Pollinator Container Garden

This event is tailored to meet the interests and needs of youth aged 5 through 18. (supervision required for ages 5-8)



Tuesday, April 2nd



1:30pm - 3:30pm



MC Extension Office



Learn about pollinators, the plants that attract them, and create your own pollinator container garden to take home!

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Disabilities accommodated with prior notification.



4-H

ENTOMOLOGY Classroom Project

- Let your class watch and learn the process of metamorphosis in real time!
- Kits will be available AFTER spring break
- 2 free kits available per elementary school (claim at link provided)
- Additional Educational Teaching aids available on request!

Claim
your
KIT

SCAN ME



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Disabilities
accommodated
with prior notification.



SPRING MARKET

Friday, May 3rd 9am-3pm
9 Holy St. Inez, KY 41224

\$5 Donation- No Tables Provided
\$10 Donation- Two Tables Provided

ALL proceeds benefit 4-H Camp fees for Martin County Youth



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Disabilities
accommodated
with prior notification.

**Call 298-7742 to Reserve Your Space!
Information booths also welcome!!**



Kentucky
**4-H Teen
Conference**

2024



100th
ANNUAL

ILLUMINATE 4-H
LEXINGTON, KENTUCKY

June 11 - June 14

Explore college,
future career paths,
and gain leadership
skills with 4-H

LOCATION

University of Kentucky
Lexington, KY

PRICE

\$250

Contact your county
4-H Agent for more info



Lentil Sloppy Joes



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 tablespoon olive oil
 - 1 medium bell pepper, chopped
 - 1 small onion, chopped
 - 1/2 cup water
 - 1 cup low-sodium vegetable broth
 - 1 cup dried lentils
 - 1 teaspoon garlic powder
 - 1 can (6 ounces) tomato paste
 - 1/3 cup ketchup
 - 1 tablespoon Worcestershire sauce (optional)
 - 2 tablespoons brown sugar
 - 1 tablespoon chili powder
 - 1 tablespoon Dijon mustard (or yellow)
 - 8 whole-wheat hamburger buns
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard. Enjoy the finished sloppy joe mixture on a bun.
7. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 lentil burger
Cost per recipe: \$6.20
Cost per serving: \$0.78

Nutrition facts per serving:
 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source:
 Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>



Camp Notes

Camp is approaching quickly! Here are a few notes for April!

- **CAMP APPLICATIONS FOR MARTIN COUNTY RESIDENTS AGES 9-14 WILL OPEN ON MAY 3RD.**
- **SCHOLARSHIPS AND DISCOUNTS AVAILABLE FOR MARTIN COUNTY RESIDENTS.**
- **JOIN US AT THE SUMMER MARKET MAY 3RD, 9-3, TO SPEAK TO 4-H AGENT JOE AND PUT IN YOUR APPLICATION**
- **ASK QUESTIONS ABOUT ACTIVITIES, CABINS, DURATION, RULES, COST, FUNDRAISING IDEAS ETC.**
- **THEME FOR 2024 IS "UNDER THE BIG TOP" (CARNIVAL)**

