

MARTIN COUNTY 4-H

SEPTEMBER NEWSLETTER



This Month:

9/2- Office Closed

9/3- IES Afterschool

9/5- MCMS Afterschool

9/6- MCMS Grandparents
day event

9/10- IES Afterschool

9/11- MCMS Afterschool

9/13- PET SHOW

9/14- Harvest Festival

9/17- IES Afterschool

9/19-Eden K-2 Enrichment

9/19- MCMS Afterschool

9/24-IES Afterschool

9/26- Eden 3-6 Enrichment

9/26- MCMS Afterschool

9/27- IES Heritage Day

Hey 4-Her's!

School enrichment dates are booking fast and we are so excited get back in each school in Martin County. This month is full of afterschool programs, events, and the planning for new clubs at our office!

As always, if you have ideas for clubs or activities or suggestions that you would like to share, please be sure to reach out!

September also brings the Harvest Festival in Martin County, and with that comes the 4-H Pet show! The flyer with registration information is located inside this issue so be sure to get registered as soon as possible! The people's choice contest is currently on our Facebook page and it has been a close competition so far. We look forward to seeing your pets and your show displays! Good Luck to all!





MCMS

The Martin County Middle School 21st Century program held a kick off event the last Wednesday in August. We utilized our new smoothie bike to emphasize the importance of healthy eating and physical fitness. Using the bike promotes a fun atmosphere encouraging youth to find unique ways to stay healthy.



PUMPKIN PATCH

As we bid farewell in August to our summer intern Brycen, his hard work continues to be noticed with the successful growth of our pumpkin patch! We should have pumpkins for sale in early October.



AAF

The Appalachian Artist Festival was a success with many youth stopping by to show their artistic abilities in rock painting. The booth itself became a conversation starter, with many new residents of Martin County expressing interest in our programs.

YOUTH HEALTH BULLETIN



SEPTEMBER 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>

Martin County Extension Office
9 Holy St.
Inez, KY 41224
606-298-7742

THIS MONTH'S TOPIC

STEP INTO NATURE: TAKE A HIKE!

With fall on the way, now is the perfect time to take a hike! Maybe you think hiking is like taking a walk but with more trees. But a hike can be so much more than that! Hiking is not like a walk in your neighborhood or around your local park. It means getting off a paved trail and exploring more wooded areas with uneven paths, rocks to climb, or streams to cross. It's almost like a natural obstacle course! Hikes are usually longer than walks. They take you up and down more hills and valleys.

Also, hiking is great for your body. You use more and different muscles than most daily activities. And it takes more effort and energy. It is good for muscles and organs in your body to have to work hard, and it builds endurance. Endurance is what helps your body be able to do hard things for longer and longer amounts of time. Your heart and



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

While you are hiking, try to identify trees, bushes, or animals that you see along the way.

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lungs need to build endurance to help your body breathe. Your arms, legs, and core muscles need to build endurance as your body grows to be able to lift, carry, and move longer distances.

Hiking also helps your body to improve balance by walking on uneven surfaces. It makes your mind work in different ways by thinking about how to climb, jump, or move around the things you come across on the trail. Many people say that hiking helps them to think more clearly. They also say they feel better and have less stress after going on a hike.

Here are a few hiking tips to always remember:

- Always hike a new trail with an adult, and never go on a hike by yourself.
- Be prepared. Wear sturdy shoes, bring bug repellent, and take a bag with water, a first-aid kit, and a whistle.
- Do not go off of a trail without permission, and only when an adult can see you.
- Never step where you cannot see the ground.

Talk with your parents or caregiver about planning a hike to see something new. Maybe you could explore a state or national park. Many trails



will take hikers to a lookout point or to an interesting natural feature like rock formations or waterfalls. Just pay attention to how long the trail is and be prepared for how much time it may take to finish.

Or, plan a hike on a familiar trail with a new twist. You could create a scavenger hunt of things to look for while you are hiking, or try to identify trees, bushes, or animals that you see along the way. Leaf rubbings and taking pictures are a great way to show what you found without disturbing nature. Especially in national parks, you are not allowed to take things away from the trail. However, you can take a nature journal to write about what you see or draw a favorite view. Always remember in nature to practice the "leave no trace" rule — never leave trash or a mess behind you!

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

ADULT HEALTH BULLETIN

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



KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



HOW OLD WILL YOU BE ON
JANUARY 1, 2025?
THAT IS YOUR 4-H AGE!



UK Cooperative
Extension Service

Who can join Kentucky 4-H?

Kentucky 4-H is open to any young person ages 9 through 18.

Some counties offer Clover Bud activities for youth ages 5-8. Once a young person reaches age 19, he/she is too old to participate but may volunteer in the 4-H program.

An Equal Opportunity Organization.



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- Retirement 200% match
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- Professional development
- Career ladder advancement

 extension.ca.uky.edu/hiring

JOIN OUR TEAM!

MARTIN COUNTY ANR AGENT

APPLY AT LINK
IN POST



UK Cooperative
Extension Service

3RD ANNUAL

4-H Pet Show



REGISTER HERE



FRIDAY, SEPTEMBER 13 1:30-3:30

AT THE HARVEST FESTIVAL!

CATEGORIES:

DOGS
POCKET PETS
REPTILES, AMPHIBIANS, AQUATICS
LIVESTOCK AND FARM PETS

YOUTH AGE DIVISION:

4-H AGE 9-18
CLOVERBUD AGE 5-8

AN EQUAL OPPORTUNITY ORGANIZATION



ROBINSON CENTER FIELD DAY

JOIN US FOR **FREE FARM TOURS, DEMONSTRATIONS, AND WORKSHOPS.**
ATTENDEES CAN MAKE AND TAKE HOME THEIR OWN CUTTING BOARD!

THURSDAY, OCTOBER 3, 2024

4 PM-7:00 PM EST

AT THE **ROBINSON CENTER**

130 ROBINSON RD, JACKSON, KY

FREE EVENT

MEAL WILL BE PROVIDED

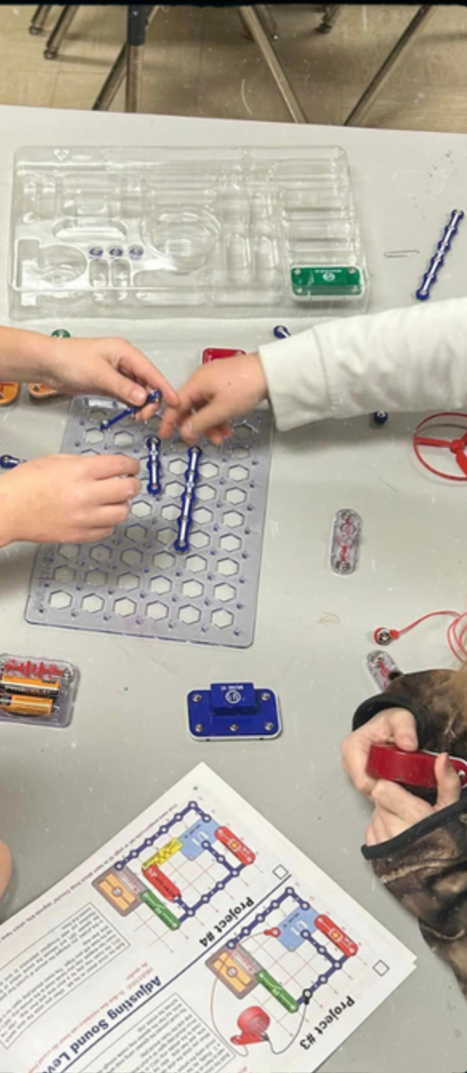
NO RSVP NEEDED

 **Martin-Gatton**
College of Agriculture,
Food and Environment

IES 4-H PROGRAMS

EVERY TUESDAY AFTERSCHOOL 3:30-4:15

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

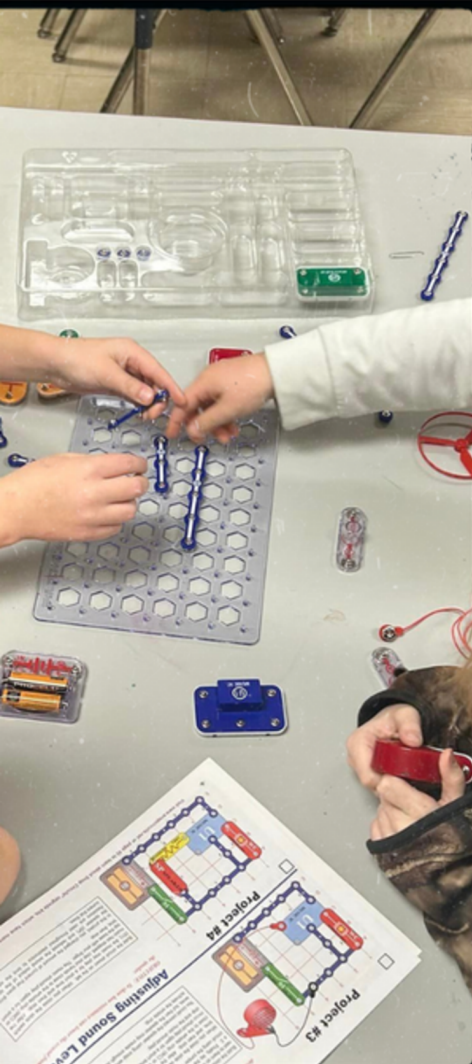
SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

MCMS 4-H PROGRAMS

EVERY THURSDAY AFTERSCHOOL 3:30-4:30

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
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HEALTH & WELLBEING
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