

MARTIN COUNTY 4-H

JULY 2024

June was a busy month for 4-H! While preparing for Camp kept us occupied, we also participated in community events and organized engaging activities.

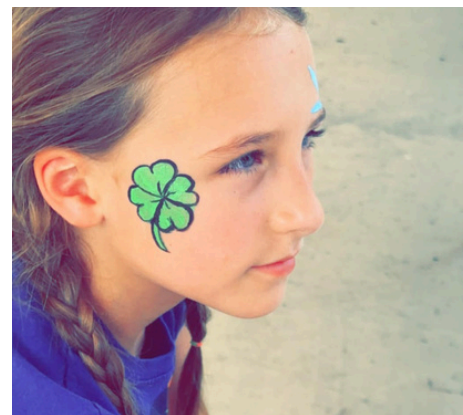
We attended a diabetes community event, where we promoted healthy eating and distributed herbs for planting as a better alternative to additives. At the Sleigh Cancer event, we focused on tobacco cessation, vaping risks, and skin cancer prevention.

In the office, we hosted a fun carnival-style orientation for Camp, providing essential information along with snacks and games. Our 4-H paint fundraiser raised money for camp fees!

We launched Martin County's first monarch waystation as part of Pollinator Week activities and organized a pollinator container garden event where participants took home window boxes of pollinator plants.

Our intern Brycen worked diligently on agricultural projects, including preparing a field for a Pumpkin Patch and maintaining a raised garden bed for an upcoming program.

Looking ahead, we're excited to welcome over 50 Martin County youth to 4-H Camp in July!



Joe E. Maynard
Extension Agent, 4-H Youth Development
(606) 298-7742
joe.maynard@uky.edu
Martin County Extension Office
9 Holy Street
Inez, Kentucky 41224-0325



Nicole Hinkle
Extension Assistant, 4-H Youth Development
(606) 298-7742
nicole.hinkle@uky.edu
Martin County Extension Office
9 Holy Street
Inez, Kentucky 41224-0325

Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 Disabilities accommodated with prior notification.



Community Events and Programs



July

Tentative Calendar of Extension Sponsored and Participatory Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Camp Paperwork Deadline Pieciful Stitchers	3 Homemakers Meeting	4 	5	6 4th of July Parade 4th of July Festival
7	8 	9 CAMP Pieciful Stitchers	10 CAMP	11 CAMP	12 CAMP Farmers Market @ Courthouse Square	13
14	15 	16 Pieciful Stitchers	17	18	19	20
21	22 	23 	24 Fruit Jelly Canning Class 10 am 	25	26 Farmers Market @ Courthouse Square 	27
28	29 Pieciful Stitchers	30 Pieciful Stitchers	31	*An Equal Opportunity Organization		

YOUTH

HEALTH BULLETIN



JULY 2024

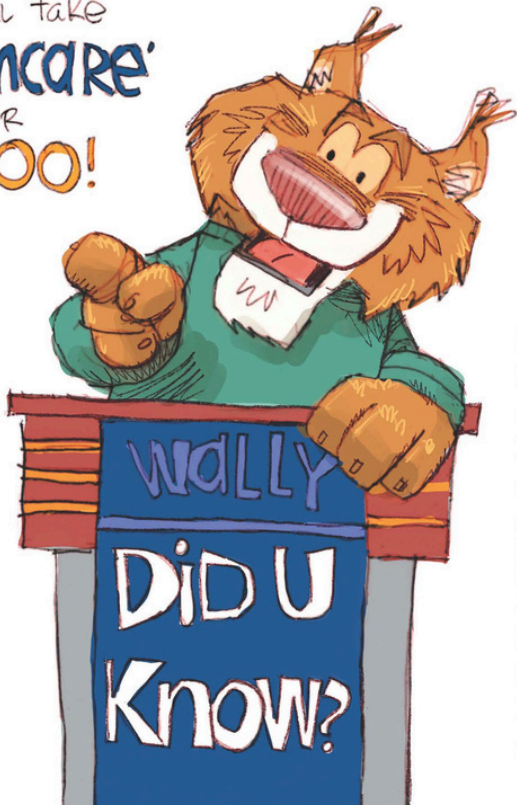
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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

THIS MONTH'S TOPIC

THE BUZZ ABOUT SKINCARE

I'll take 'Skincare' FOR \$500!



What is the biggest organ in your body? You may be surprised to learn that it is your skin! That's right — the cells that cover your body make up your largest organ. There are many amazing facts about your skin and lots of ways to care for it. You may have heard or seen videos or commercials advertising skincare products lately. Maybe your friends have been talking about starting a skincare routine or using a special soap or lotion like they have seen on TV or social media videos.

It IS important to take care of your skin. And making good choices about what kinds of things you use on your skin is important, too! Before you start using a good smelling soap or mixing up a lotion potion of your own, let's talk about skincare safety.

As a kid, you probably don't have wrinkles, sagging skin, or age spots (dark spots that can come up on your skin after lots of time in the sun). Many of the skin products that you may have heard about,

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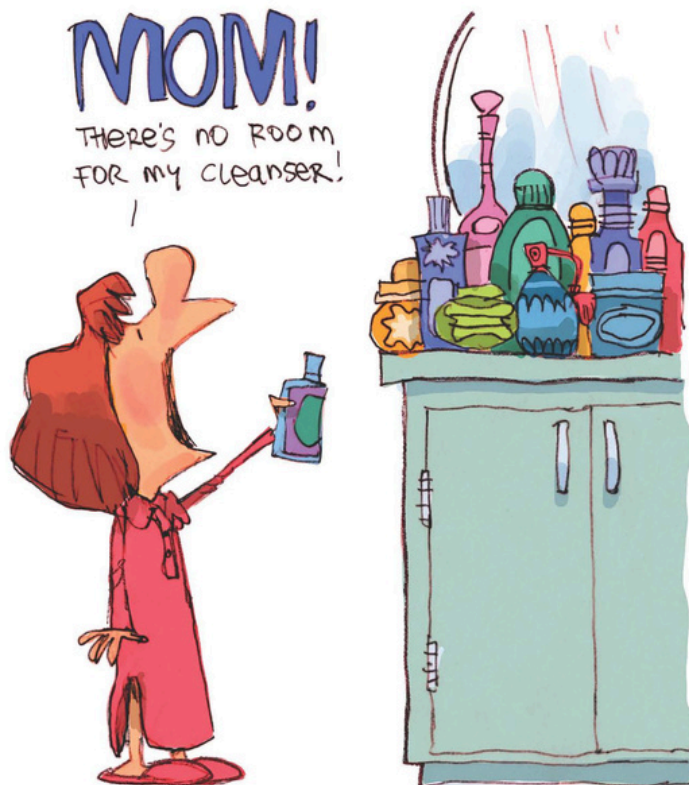


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you probably don't need. The companies that make those products would love for you to buy them because they get more money! But they will not help your skin. What is worse, those products might even hurt your skin. Some products dry your skin out. If your skin does not need to be dried out, it could make your skin itch or get a rash. Other products add oil to your skin. If your skin does not need more oil, it could cause you to have acne or pimples (bumps on your skin that can get infected).

So, what kind of skincare products do you need? There are a few things that could help keep your skin healthy and feeling good. Before you try any of these things, talk to your parent or another grown-up. They can help you pick out a product that is right for you.

- **Sunscreen:** Protecting your skin from the sun is the best way to prevent sunburns, sunspots, and wrinkles in the first place. There are some special kinds of sunscreen that can make it easier to put on your face, like a stick to rub on, or small brush to wipe sunscreen onto your face. Look for sunscreen that has at least SPF 30.
- **Gentle cleanser:** It is important to wash your face every day. While we use soap on the rest of our bodies, there are specific cleaners



FISH
are LUCKY.
You don't
need any
SUNSCREEN.



made for faces that are gentle. Use warm water to wet your face, rub the cleanser on in small circles, and always rinse well.

- **Moisturizer:** Like lotion for the rest of your body, moisturizer helps keep the skin on your face from getting too dry or itchy. Unlike lotion that we use on the rest of our body, face moisturizer is not oily. Some people do not need face moisturizer, depending on their skin type.

It is good to want to take care of your skin and your body, to stay healthy and feel your best! Just remember that it probably doesn't take lots of products or a complicated routine to do so. While it may be fun to talk with your friends about what they use to stay healthy, you may not need the same things. Your skin is unique to you, after all!

If you have questions or concerns about your skin, or what products are right for you, talk to your parents or caregiver, or ask your doctor at your next visit.

REFERENCE:

<https://kidshealth.org/en/parents/skincare-products.html>

**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)



