



Agriculture, Families and Youth

Cultivating Knowledge, Strengthening Families, Building Futures

This month, we're excited to welcome new faces to our office: Daniel Howard, our Agriculture and Natural Resources Agent, and Stephanie Proctor, our Nutrition Education Program Assistant! Both Daniel and Stephanie are natives of Martin County and have had successful careers in other fields before joining UK Extension.

We're thrilled to have them on board and look forward to the contributions they'll make to our community. Learn more about Daniel and Stephanie inside this edition.



Joe Maynard
4-H Agent



Asya Jarrell
FCS Agent

Nicole Hinkle
4-H Assistant

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506




Disabilities
accommodated
with prior notification.



Inside the Issue

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- Health Bulletin and MoneyWise

- 4-H Changemaker Spotlights
- Youth Health Bulletin
- Camp Information

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- News and Updates
- May Gardening Tips



Stay Connected



606-298-7742



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@martinco4H



@martin.county.4h



Bringing students to the extension office offers a valuable hands-on opportunity to explore the wide range of educational resources provided by the Cooperative Extension Service. It allows students to engage directly with experts in agriculture, nutrition, environmental science, and youth development, connecting classroom lessons to real-world applications. This experience not only broadens their understanding of community-based education but also introduces them to potential career pathways and lifelong learning resources available through the extension network.

If you are interested in a field trip to the Extension office, please reach out to an agent or call 606-298-7742.

Thank you to Eden Elementary Kindergarteners for stopping by on their community field trip! We talked about pumpkins, pollinators and parfaits!

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 HS Recruitment  Heirloom Quilters	6 IES Celebration  Pieceful Stitchers	7	8 MCMS Celebration	9	10
11	12  Heirloom Quilters	13 CEC Council Meeting EDB Meeting  Pieceful Stitchers	14	15	16	17
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Family & Consumer Sciences

TIPS FOR EATING HEALTHY ON A BUDGET

- **Cook at home** – It's usually healthier and cheaper.
- **Stretch recipes** – Add rice, beans, or veggies to make meals go further.
- **Use leftovers creatively** – Reduce waste and save money.
- **Choose whole grains** – Brown rice, whole-grain pasta/bread, and regular oats are nutritious and affordable.
- **Replace meat** – Use beans, legumes, eggs, or fish for protein on a budget.
- **Drink water** – Stay hydrated and save money by avoiding sugary drinks.
- **Plan meals and shop with a list** – Stay focused and avoid impulse buys.
- **Avoid shopping hungry** – You'll be less tempted to over-buy unhealthy items.
- **Shop the store edges** – Healthier whole foods are usually found there.
- **Eat out smart** – Look for deals and healthier options like baked over fried foods.
- **Pack your lunch** – Healthier and more cost-effective than eating out.

Asya Dameron
FCS Agent



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Nutrition Education

Hello, my name is Stephanie Proctor. I'm very excited to be Martin County's new Nutrition Education Program Assistant. I'm a lifelong resident of Martin County born and raised. I love our little town.

I met my husband Josh at Sheldon Clark High School our sophomore year 28 years ago. We just celebrated 25 years of marriage this month. We have two wonderful children. Our son Logan is an ICU Nurse at ARH in Paintsville KY. He married Kylie last June and she works alongside him at ARH as an ER Nurse. We love having her as our now bonus daughter. Brooke is our youngest and still lives at home. She is currently in the Dental Hygienist Program at Big Sandy Community and Technical College. We are very proud of our children. I am an animal lover. I have a Shih-Poo named Maggie, a Golden Doodle named Macy, a Ragdoll cat named Milo and another cat named Kiki. I've been a Christian for 26 years and currently attend services at the Paintsville church of Christ. I can't wait to get started working with our community.



We're excited to welcome Stephanie as the new Nutrition Education Program (NEP) Assistant for Martin County! In her role, she will be bringing valuable Nutrition Education programming to our community offering hands-on lessons, resources, and support that help individuals and families make healthier food choices on a budget.

Through partnerships with community organizations and leaders, Stephanie will help promote lifelong wellness and healthier habits across Martin County. Her work will make a lasting impact, ensuring our residents have the knowledge and skills to lead healthier, more vibrant lives.

Check our Facebook pages and Website for updates on programming soon!

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, PhD, CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read <https://ukfcs.net/TravelingMeals>.

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.cauky.edu/MTAC>

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Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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ADULT

HEALTH BULLETIN

APRIL 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>

Martin County Extension Office
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THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH

April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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Disability accommodations with prior notification.



Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

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There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

REFERENCE:
<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT HEALTH BULLETIN

Written by:
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
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Adobe Stock





4-H YOUTH DEVELOPMENT



 Cooperative
Extension Service



4-H

Camp

July 29-Aug 1

**Ages
9-14**

Activities :

- High Ropes and Zipline
 - Crafts & Fun Foods
 - Fishing and Canoeing
 - Swimming
 - Basketball/Volleyball
- and more**

JM Feltner Camp

380 J.M. Feltner Road
London, KY 40744

Registration:

Online link on FB (Martin County 4-H)
Printed Applications at our office

More Information : 606-298-7742

martin.ca.uky.edu/4h-youth-development

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Pathway to a Purpose: How Students Can Prepare for a Veterinary Career

Many young animal lovers dream of becoming veterinarians. But turning that dream into a career takes more than just a love for animals! It requires a combination of academic dedication, hands-on experience, and strong interpersonal skills.

For high school students who are serious about this path, the journey starts now.

Academic Readiness is Key

Veterinary schools look for students with a strong foundation in math and science. High schoolers are encouraged to take challenging courses in biology, chemistry, physics, and especially math—ideally through their senior year. Advanced Placement (AP), International Baccalaureate (IB), or dual enrollment classes can prepare students for the demands of college coursework and may even fulfill college requirements.

A four-year degree is typically needed before applying to veterinary school, with common majors including animal science, biology, and agricultural biotechnology.

Experience Matters

Veterinary and animal experiences are both essential.

- Veterinary experience involves working directly under a licensed veterinarian—shadowing, internships, or volunteer work count.
- Animal experience can include involvement with 4-H animal projects, working on farms, volunteering at shelters, or even horseback riding. These hands-on opportunities teach valuable animal care and handling skills.

Building Communication Skills

Veterinarians do more than treat animals—they communicate with people during stressful and emotional situations. Strong oral and written communication skills are crucial. Activities like 4-H communications projects, debate teams, or public speaking courses can help students build confidence and professionalism.

Planning Ahead

Students interested in veterinary careers should keep detailed records of their experiences, coursework, and volunteer hours. Maintaining strong grades, particularly in science and math, is vital—veterinary school admissions are highly competitive, often requiring GPAs of 3.5 or higher.

Explore All Pathways

Careers in animal science, equine studies, zoo and marine biology, research, or agricultural education may also align with a student's interests.

Want to Learn More?

Whether you're interested in animal science, agricultural education, or career preparation in veterinary medicine, your local 4-H Agent is a great resource. 4-H offers hands-on projects, leadership opportunities, and connections to educational pathways that can prepare youth for exciting careers in agriculture and animal care.

For more information on local 4-H opportunities and how to get involved, contact your county's 4-H Agent today!

MAY 2025

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content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC CATCH SOME Z'S

Sleep is important because it helps our bodies and brains rest, recharge, and heal. Getting enough sleep also helps us feel happy and focused when awake.

How much sleep should you get?

How much sleep you need

depends on your age. The American Academy of Sleep Medicine has made the following recommendations for children and teens:

- **Aged 6 to 12 years:** 9-12 hours
- **Aged 13 to 18 years:** 8-10 hours

That may seem like a lot, but your body does important work while sleeping! When we sleep, our

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body has the time and energy to grow, fix hurt muscles, tissues, and bones, and strengthen our immune system to fight sicknesses. Our brain also processes everything we learn during the day, which helps us remember things better and solve problems more easily.

Many kids and teens report not getting enough sleep, though. Some have trouble going to sleep or staying asleep, while others do not feel they have enough time to rest or would rather be doing other things. But getting enough sleep can cause problems! People who do not get enough sleep regularly are more likely to get sick, get injured from accidents, and not do as well at school because they have problems paying attention and remembering new things.

There are ways you can help yourself have an easier time going to sleep and getting good rest so that you wake up feeling rested:

- **Make a sleep schedule:** Talk with your parents about the right bedtime for you based on how much sleep you need and when you need to wake up. Go to bed at the same time each day.
- **Limit screen time before bed:** The blue light from phones, TVs, and computers can make going to sleep harder. Try to avoid screens for 30 minutes to an hour before sleep.
- **Make your sleep space comfortable:**
 - Keep your room cool (around 60 to 67 degrees F).

nope!
no thank you!
not
interested!!



- **Reduce noise** by using earplugs or a white noise machine.
- **Keep your room as dark as possible.** You could use curtains or an eye mask.
- **Limit caffeine:** Having caffeine too close to bedtime can keep your body from making melatonin, the sleep hormone. This can make it harder to fall asleep.
- **Relax before bed:** Choose relaxing activities like reading, taking a warm bath or shower, or journaling to tell your body it's time to wind down.
- **Exercise regularly:** Being active during the day can help you sleep better at night and feel more rested. Get your activity before dinner time you don't have a post-workout energy surge late at night.

If you are having trouble sleeping or feel tired or sleepy often during the day, talk to your parents and doctor about ways to help.

REFERENCE:
https://archive.cdc.gov/www_cdc_gov/healthyschool/features/students-sleep.htm

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

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Illustrations © University of Kentucky
School of Human Environmental Sciences



Meet the ANR Agent

Hi everyone! My name is Daniel Howard, and I'm proud to say I'm coming back home to Martin County! I was born and raised right here, and after graduating from Morehead State with a degree in Agricultural Education, life took me down a rewarding path in telecommunications. I spent the last 12 years as a Senior Manager in Business Sales while earning my Master's Degree in Business. Outside of work, you'll find me in the woods or on the water—I love hunting, fishing, and spending time with my German Shorthaired Pointers. I feel truly blessed for the opportunity to return home and give back to the community that shaped me.



We're excited to have Daniel as our ANR agent in Martin County! Daniel brings a wealth of knowledge in business and agriculture and a commitment to serving the community through practical, research-based education.

In his role, Daniel will offer programs and resources focused on connecting residents with agriculture education, building community partnerships, and helping strengthen the agricultural foundation of our county.

Stay tuned to our Facebook and website for updates on upcoming workshops and events!



Lentil Sloppy Joes



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

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>

- 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.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 1 lentil burger

Cost per recipe: \$6.20

Cost per serving: \$0.78

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